

"Happy in My Stomach"

"TÔI VUI TRONG LÒNG"

A Collection of
Vietnamese/Chinese
Cookery and Customs

Contributed by the
New Arrivals at the
Eglin Refugee Reception Center



“Happy in My Stomach”

“TÔI VUI TRONG LÒNG”



**A Collection of
Vietnamese/Chinese
Cookery and Customs
Contributed by the
New Arrivals at the
Eglin Refugee Reception Center**

**With Illustrations
Contributed by the
New Arrivals at the
Eglin Refugee Reception Center**

**Compiled by
Marjorie K. Doughty**

**Published by the
YMCA Refugee and
Resettlement Services
291 Broadway
New York, N.Y. 10007**

A note of explanation of the book title. In America when we are happy or pleased with something, we usually make a statement to the effect that our heart is happy. However, in Vietnam it has been the custom to say that one is happy in one's stomach.

© 1975, National Board of
Young Men's Christian Associations

design: Marvin Berk





**Dedicated to those Americans
who opened their hearts
and their homes.**

ACKNOWLEDGEMENTS

Ronald Luce, director of YMCA refugee activities at Eglin, for his overall supervision of this book and his wife, Toshiko Luce who helped in many ways including the compilation of the glossary.

Marjorie Doughty, YMCA staff member at Eglin, who compiled this book.

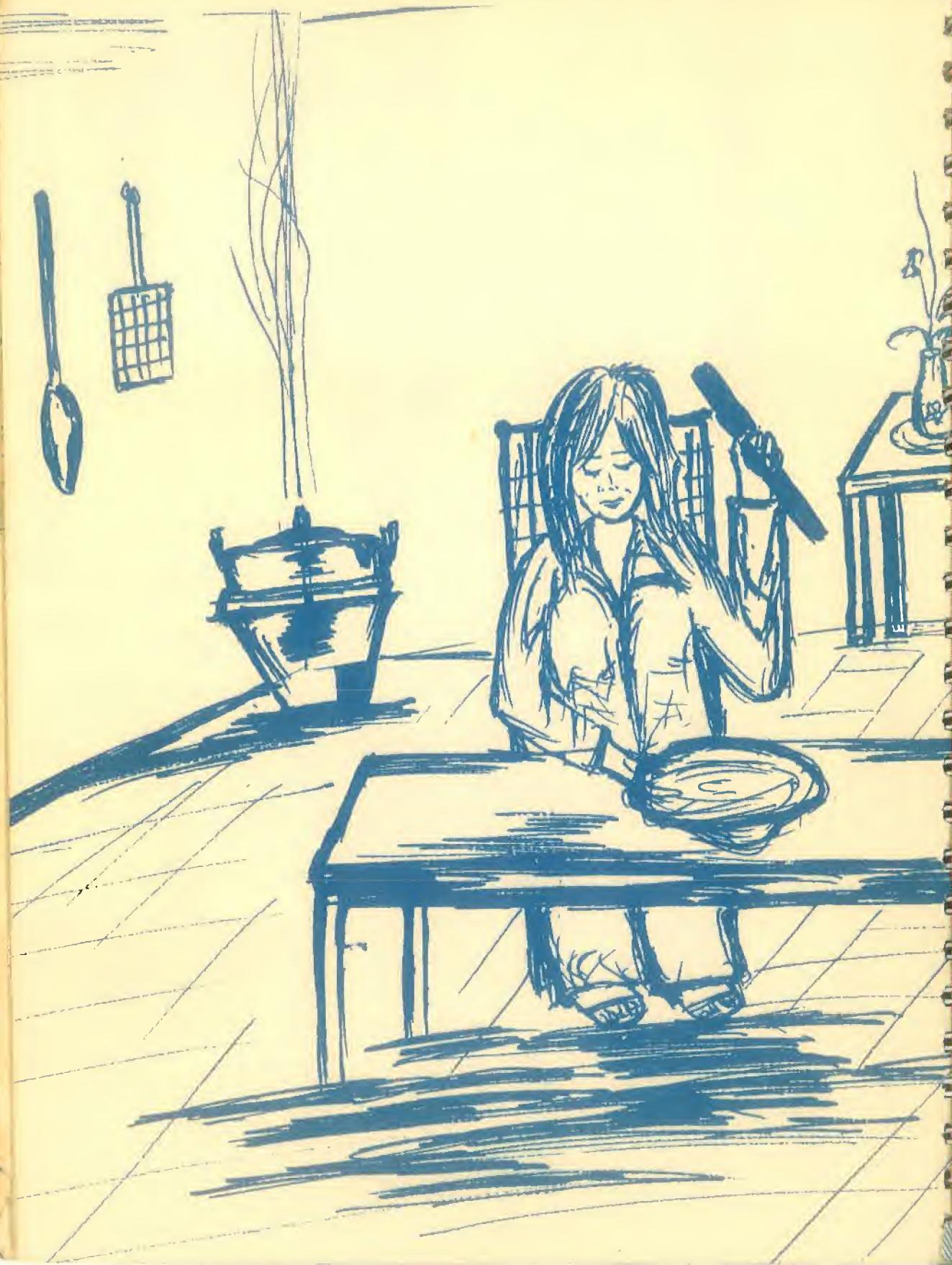
Nguyen Van Ninh, former chairman of the Advisory Committee for YMCA Services for Refugees in Vietnam and YMCA staff member at Eglin, who was instrumental in identifying recipe ingredients and who also contributed the Vietnamese proverbs.

Nguyen Tri, Nguyen Duc Lam, Ha Duc Hai, Francis Crown, "Rose", and Pham Thi Thanh Minh, all of whom spent many, many hours in translating the recipes.

Quach Tan Van and his wife Vo Ba Mi, who not only helped with the translations but also compiled most of the material on Vietnamese customs and ceremonies.

And to countless others who helped with encouragement, suggestions, and genuine interest.





INTRODUCTION

This cookbook grew out of the work of the Young Men's Christian Association with Vietnamese refugees at Eglin Air Force Base in Florida during the spring and summer of 1975.

Although originally called upon to operate recreational programs at Eglin, the YMCA's refugee services went far beyond that. When the refugee camp opened, and for some months thereafter, the YMCA processed all refugees as they arrived. In addition to a multiplicity of sports and recreation programs, the Y operated a day camp center and a teen center, organized English classes for children and ran adult classes in such subjects as American history, home economics, and American customs.

Almost immediately, however, the Y staff realized that helping the Vietnamese prepare for new lives in America represented only one side of the coin. Equally important was the necessity to help Americans know and understand their new neighbors.

And so this cookbook was born as one way of building a bridge of understanding between the two cultures. All the recipes were contributed by the Vietnamese refugees who were genuinely touched by the thought that Americans might care about their food and how to prepare it. The cover illustration was also done by one of the refugees.

The most difficult job was the translation from Vietnamese to English, especially since many of the refugee translators were not themselves cooks. For example, one ingredient defied translation for a week until the translator, in desperation, drew a picture of it and it was recognized as celery!

Except when necessary for clarity, all translations have been kept as close to the original language as possible with the thought that they added to the book's charm. Several of the recipes are without exact measurements because as one Vietnamese cook stated "measurements aren't really necessary since we cook according to individual taste." This means that the American beginner will have to experiment or seek the help of a Vietnamese friend.

You will note that few desserts are included. This is because Vietnamese people generally eat fresh fruit for dessert. You will also note that a number of Chinese recipes are included because many kinds of Chinese foods are prepared in Vietnam. Vietnam was dominated by China for various periods during its early history. As a result the country has more social characteristics in common with China than any other country in Southeast Asia.

Some of the recipes call for wine. The refugees were unable to give any specific wines but "bitter wine" was often mentioned.

Numerous telephone calls were made to oriental food stores and it was determined that all ingredients included in these recipes can be purchased in the United States.

May these recipes make you happy in your stomach.

TABLE OF CONTENTS

	Page
Proverbs	13
Glossary	14
Vietnamese Engagement Celebration	16
Vietnamese Wedding Celebration	17
Celebration of Child of One Month of Age	19
Celebration of First Birthday of a Vietnamese Child	20
Funeral Ceremony	21
Tet	23
Nuoc Mam (How to Make It [Juice of Fermented Fish])	26
Mien Ga (Chicken Soup with Rice Noodles)	27
Chao Ga (Chicken Soup with Rice)	27
Goi Ga (Cooked Chicken with Raw Vegetables)	28
Cari Ga (Curried Chicken)	28
Ga Quay (Fried Chicken)	29
Ga Kho (Broiled Chicken with Soy or Fish Sauce)	29
Ga Xe Phai (Vietnamese Chicken Salad)	29
Bun Thang (Chicken Noodle Soup)	30
Ga Kho Xa (Chicken with Lemon Grass)	30
Ga Hap (Steamed Chicken with Green Onion)	31
Ga Nau Voi Nuoc Cot Trai Khom (Chicken with Pineapple Sauce)	31
Ga Ram (Spicy Chicken)	32
Ga Nau Voi Sup Oc Tai (Chicken and Abalone Soup)	32
Ga Chien Toi Ot (Chicken with Peppers)	33
Ga Nau Ruou Chat (Chicken with Wine)	33
Ga Nau Dau (Chicken with Walnuts)	34
Ga Nau Tuong Gung (Chicken with Chili Peppers)	34
Ga Sot Voi Bap (Chicken with Corn Soup)	35
Vit Tiem (Stewed Duck in Brown Sauce)	35
Ga Nau Mang Chua (Chicken with Sour Bamboo)	36
Bong Cai Ao Thit Ga (Chicken with Cauliflower)	36
Vit Nau Mang (Stewed Duck with Vegetables)	37
Thit Heo Xao (Twice Cooked Pork)	37
Thit Heo Xao Voi Nuoc Sot (Sweet and Sour Pork)	38
Thit Heo Va Gia Vi (Pork with Green Pepper)	38
Thit Kho Nuoc Dua Hot Vit (Pork and Duck Eggs)	39
Cha Lua (Pork in Banana Leaves)	39
Nem Nuong (Grilled Ground Pork)	40
Cha Gio (Meat Rolls)	41
Thit Heo Vo Vien Voi Sot (Meat Balls with Sour Sauce)	41
Banh Cu Cai (Boiled Meat Dumplings)	42
Trung Chien Voi Thit Heo (Pork Omelet)	42
Mongolian Barbecue	43
Heo Ham (Spiced Pork)	43

	Page
Banh Pate (Pork Cake)	44
Hoanh Thanh (Hun Tung in Soup)	44
Ech Lan Bot (Fried Frog Legs)	45
Bap Cai Don Thit (Meat Rolls in Cabbage Leaves)	45
Banh Chien Nhoi Thit (Chinese Fried Dumpling)	46
Hanh Chien Bot (Onion Pie)	46
Thit Nau Sot (Meat with Brown Sauce)	47
Do Chua (Chinese Pickles)	48
Com Chien Duong Chau (Fried Rice)	48
Bi (Brown Rice with Meat)	49
Che Dau Xanh Bot Ban (Tapioca and Mongo Bean Pudding)	49
Bap Cai Muoi (Sweet and Sour Cabbage)	49
Banh Xeo (Fried Rice Cake)	50
Trung Xao Thap Cam (Egg Fu Yung)	50
Cai Xao Voi Nuoc Sot (Cabbage with Cream Sauce)	51
Ca Chua Don Thit (Noodle Stuffed Tomato)	51
Cach Lam Mi (Chinese Noodles)	52
Xoi Vo (Steamed "Sticky" Rice)	52
Che Tao Xon (Green Bean Pudding)	52
Bo Thai Mong Xao Voi Gia Vi (Shredded Beef with Pepper)	53
Pho (Beef Noodle Soup)	54
Bo Nhung Giam (Beef Fondue)	54
Bun Bo Nuong (Roast Beef with Rice Noodles)	55
Suon Ram Man (Fried Ribs in Fish Sauce)	55
Bo Xao Lang (Curried Beef in Coconut Milk)	56
Bo Ham (Steamed Beef)	56
Bo Nuong Vi (Beef on Tile)	56
Ca Lan Bot (Chinese Fried Fish)	57
Thit Kho Ca Loc (Pork with Fish)	57
Goi Cuon (Shrimp and Pork with Raw Vegetables)	58
Ca Thai Mong Lan Bot Voi Anise (Crispy Fish Slices with Sweet & Sour)	58
Ca Rut Xuong Lan Bot (Sweet and Sour Boneless Fish)	59
Muc Xao (Fried Cuttlefish or Squid)	59
Ca Chien Cuon Voi Gia Vi (Fish Rolls in Sour Sauce)	60
Goi Tom (Vietnamese Shrimp Salad)	60
Sup Mang Cua (Asparagus and Crab Soup)	61
Cua Farci (Fried Deviled Crabs)	61
Cua Xao (Crab Meat with Cabbage)	62
Xoi Man (Crispy Rice with Shrimp)	62
Tom Chien Voi Hot Dieu (Shrimp with Cashew Nuts)	63
Tom Lan Bot (Fried Shrimp Cake)	63
Tom Xao (Sautéed Sliced Prawns)	64
Chao Tom Nuong Mia (Shrimp Rolls in Sugar Cane)	64

	Page
Banh Phong Tom (Shrimp Chips)	65
Oc Tai Nau Voi Sot So (Abalone with Oyster Sauce)	65
So Lan Bot (Chinese Fried Oysters)	66
Goi Sua (Jellyfish and Vegetables)	66
Che Bat Buu (Eight Treasure Rice Pudding)	67
Trung Chien Voi Dau (Sweet Bean Pancake)	67
Banh Bong Lan (Chinese Sponge Cake)	68
Rau Cau (A Gelatin Dessert with Seaweed)	68
Chuoi Chien (Candied Banana Slices)	69
Banh Flam (Custard)	69

PROVERBS

Ta ve ta tam ao ta
Du trong du duc ao nha van hon

Let's go home and bathe in our own pond
Clear or unclear, it's the water of our pond

* * *

Mot mieng khi doi bang doi khi no
A bite when hungry is worth a bowl when full

* * *

Nha sach thi mat, bat sach ngon com
A clean house makes the living more comfortable
A clean bowl makes the food tastier

* * *

An qua nho ke trong cay
Eat the fruit, Remember the planter of the tree

* * *

An cay nao rao cay nay
Eat the fruit, Take good care of the tree

* * *

Thoi gio la vang
Time is gold

* * *

Di dau ma voi ma vang,
Ma vap phai da, ma quang phai giay
Hurry up slowly

* * *

Tien nao cua nay
You get what you pay for

* * *

Cha nao con nay
Like father, like son

* * *

Tot bung o voi anh em
Big belly means good heart to one's friends.

GLOSSARY

FISH SAUCE

Nuoc mam

The fish sauce that is referred to in the recipes is a mixture of Nuoc Mam (described in recipe section), water, a little sugar, vinegar, sliced red chili peppers, and a little sliced lemon. Sometimes sliced cucumbers or sliced garlic is added.

STAR ANISE

Canh hoi

Star anise is a star shaped vegetable called Carambola in Vietnamese. It is very sour, similar to our lemons, and is often used sliced and raw in salads, or cooked in soup and similar dishes.

FIVE SPICES

Ngu vi huong

Five Spices is a seasoning of red chili peppers, pepper, garlic, onion and green onion and can be purchased in any oriental store selling Chinese foods.

CLEAR RICE

NOODLES

Mien or bun tau

(Bean Thread) is called mien in Vietnamese. Soak them in cold water for 20 minutes before using them for cooking.

THIN RICE

NOODLES

Bun

This is called bun in Vietnamese. When cooking, put them into boiling water and then take them out again immediately. They are eaten with soup and fish sauce over them.

BANANA LEAVES

La choui

These are used for wrapping sweet rice with mongo beans or for wrapping meat.

SQUASH CANDY

Mut bi

Cut 2 Chinese squash in small bite sizes and cook with sugar over a low heat and then dry them outside.

SNOW PEA

Dau hoa lan

Chinese flat green peas.

HOT RED

PEPPER OIL

Dau ot

Take all seeds out of red peppers and then fry red peppers in 3 tbsp oil until peppers turn black. Use this oil.

HOT BEAN PASTE

Tuong ot

Made out of soybeans and chili pepper.

SESAME SEED

PASTE—*Bot me*

Mashed sesame seed.

OYSTER SAUCE

Dau hao

A sauce that can be purchased in Oriental stores.

**SWEET RICE OR
STICKY RICE**
Gao nep

Can be purchased under brand name of Snow White. In order to cook, you soak sweet rice overnight first. Boil $\frac{1}{2}$ cup water. Add rice and keep boiling for 15 minutes. Then if it's too wet, pour excess water out or add water, if it's too dry. Stir rice and turn to low heat and cook for about 5 minutes. Keep a lid on the pan all the time. This steamed rice is sometimes called crispy rice.

RICE POWDER
Bot gao

Place 1 cup of uncooked rice in dry frying pan with 2 star anise and 1 tsp pepper and stir over low heat, for 5 minutes until rice gets a little brown. Remove and let cool. Roll to about the size of bread crumbs.

**MUSHROOMS,
CHINESE**
Nam dong co

These mushrooms are large, black and dried and are used in many oriental foods. Before using, they must be soaked in water for at least ten minutes.

LEMON GRASS
La xa

This is called xa in Vietnamese and is a strong spicy seasoning. It is either added to soups or used for marinating meat. It is spicy and gives a good flavor to meat.

SEA CUCUMBER
Hai sam

Sea Cucumber is used in Chinese recipes and is a sea animal related to the starfish and sea urchin. It looks somewhat like a cucumber. If used, they should be scrubbed thoroughly with water before putting them into boiling water.

COCONUT MILK
Nuoc dua

Scrape white coconut meat out of shell. Slice it thinly and add a little water. Squeeze through cloth into container.

MONGO BEANS
Dau xanh

Very small dry green beans similar to split peas.

**CHINESE RED
SAUCE—*Tuong tau***

Fermented soybeans with imitation color. Sold in blocks.

CRYSTAL SUGAR
Duong phen

Clear sugar rock like a crystal.

**SWEET BEAN
PASTE**
Che dau do

Boil red mongo beans, mash them, and pick out the skins. Prepare $\frac{1}{2}$ tsp oil, $\frac{1}{2}$ cup sugar and 2 cups mashed red beans and cook all together till it gets like paste.

**CANDIED LOTUS
SEED—*Mut sen***

Dry lotus seeds and cook them with sugar over a low heat.

STICK NOODLES
Pho or Hu tieu

A form of stiff dried rice noodle.

VIETNAMESE ENGAGEMENT CELEBRATION

It has long been a Vietnamese custom to have an engagement between a boy and girl arranged by the parents. In modern days the procedures have not been as elaborate and complicated as before. However, it is still very interesting.

The first thing to do is choose a set of "Matchmakers." This should be a couple who have been happily married for many years. This couple negotiates with both sets of parents, separately, to establish good relationships and clear up any misunderstandings. It is necessary to check the Chinese horoscopic calendar to determine if all signs are lucky for the engagement date, and to determine what engagement gifts should be given by the groom to the bride and her family.

When satisfactory arrangements have been made, and all calendar signs are correct, a date is set for the engagement party. At the time relatives and close friends are invited to the home of the prospective bride's parents. The Matchmakers will accompany the groom's family to the home of the future bride. All other relatives or friends are waiting there. Mrs. Matchmaker requests permission to enter the house. The exact time to the minute that has been agreed upon must arrive before this permission is given. Then everyone goes into the house.

The first thing that takes place is the presentation by close friends of a tray of a little rice wine, three pieces of areca nuts wrapped in betel leaves, and some red caustic lime that has been rubbed on the betel leaves. Mrs. Matchmaker then introduces the bride to the family of the groom, and the groom to the family of the bride, even if they have met before. She then presents one piece of betel leaf wrapped areca nuts to both the bride's mother and the mother of the groom. She keeps the third one. Then Mr. Matchmaker gives both of the fathers a little of the rice wine.

Friends then come carrying trays of gifts. All gifts are always given in pairs or even numbers, such as 2 candlesticks, 4 vases, etc. This is considered to be a lucky omen. One of anything would bring bad luck.

The groom carries a tray of the agreed upon engagement jewelry, usually gold, i.e., earrings, bracelets, rings, etc., plus an amount of money. This is for the future bride. However, the money will be used by the bride's parents to pay for the engagement party. If there are good feelings between the groom and the parents of the bride, one-third to one-half of the money will be returned to the groom.

The engaged couple will then stand in front of the ancestral altar and bow low to show their respect for their ancestors. Then Mr. Matchmaker will declare them engaged and will present the gold and jewelry.

Following this ceremony, the bride will go into a separate room with her mother and future mother-in-law, and then the mother-in-law will put on all of the prospective bride's jewelry. She will wear all the jewelry for the rest of that day. The engaged couple again return to the ancestral altar and bow low. Then they place engagement rings on each other's fingers. The food served at this time consists of meat pies or barbecued red pork, sweet cakes, fresh fruit and tea.

VIETNAMESE WEDDING CELEBRATION

If the couple remain engaged and the bride does not change her mind, the hour and day of the wedding are set. The correct exact time is again determined as a result of checking the horoscopic calendar to make certain that no adverse "sign" exists.

On the day of the wedding, the Matchmakers will go with the groom, his parents, relatives and friends, to the home of the parents of the bride. Again, permission to enter the home is requested by the Matchmakers, and again all must wait until the exact moment arrives. To enter before the agreed upon time is to court bad luck.

Mr. Matchmaker then introduces the bride to the relatives and friends of the groom, and the groom to the friends and relatives of the bride. The bride is customarily dressed in a red or pink *ao dai* with a red headband; the groom, however, wears a blue *ao dai* with a black headband. The bride also wears all of her engagement jewelry at this time.

The ceremony of presenting the betel leaf wrapped areca nuts to the two mothers again takes place, as at the engagement party, and the rice wine is presented to the two fathers.

The family of the groom will present a beautiful pair of red candles to Mrs. Matchmaker. Mrs. Matchmaker will take the candle for the groom in her left hand. This candle has a raised wax dragon wrapped around it. The one in her right hand, representing the bride, has a wax Phoenix bird on it. These candles are lighted and Mrs. Matchmaker stands before the ancestral altar, making three low sweeping bows with these candles.

The bride and groom stand before the ancestral altar, bow low in respect, and exchange wedding rings. Mrs. Matchmaker will take a piece of pink thread and tie together the hands of the newly married couple, to bind them together in future happiness. A piece of ginseng is then dipped into a little salt by the groom and he takes a small bite. The bride does the same thing. This is their pledge to each other to share any hardships that their future married life might bring. They again bow deeply and the ceremony is completed, except for final announcements. Mr. and Mrs. Matchmaker announce to everyone that these two people are now married. The bride's new father-in-law announces that he will supervise his new daughter-in-law, make her behave and keep her a good girl, the same as if she were his own daughter.

After this, snacks are served: shrimp chips, peanuts, jelly fish with vegetables, soft drinks, beer and liquor.

The main course consists of chicken or asparagus and crab soup, whole roast pig, a curried or roast chicken, skinned green beans, mashed and mixed with steamed sweet rice. Then fried rice is served. Dessert is usually fresh fruit and plates of gelatin. This gelatin is made in thin layers of many colors, i.e., red, yellow, green, white, etc. It is cut into strings, put into small dishes, and served with sweet coconut milk over it. The final course is tea.

The following toast is made to the groom: "May you have many pleasant days and nights in your wife's jail!" This means: "You are a prisoner of love and you will honor your wife. You cannot escape from her trap (charms)."

After everyone has eaten and drunk, the entire party moves to the home of the groom for more eating and celebrating. The bride takes with her the engagement jewelry, engagement gifts, and two pillows that had been presented to her earlier by the groom's family. These pillows must always be identical in every detail.

Three days after the wedding, if everything is satisfactory, the newlyweds present a gift of a chicken and a rooster to Mr. and Mrs. Matchmaker. (This can also be done during the period between the engagement and the wedding day).

More importantly, three days after the wedding, the parents of the groom, in addition to any relatives or friends of the groom, go with the bride to the home of the bride's parents. They bring with them one whole roasted pig, liquor and tea. At this time the ritual of confirming or denying the bride's virginity takes place. The first night of the marriage the newlyweds are required to sleep on a clean white sheet. The next morning the groom's mother checks the sheet for an indication of virginity. During the ritual with the pig, if the bride was determined not to have been a virgin on her wedding night, one of the ears of the roasted pig is cut off and handed to the Matchmakers. Thus, the groom's mother silently states the bride's status and her displeasure with the Matchmakers.

CELEBRATION WHEN A VIETNAMESE CHILD IS ONE MONTH OLD

The first formal celebration of a child's life is held when she or he is one month old. For a girl it is held when she is exactly 28 days old. However, a boy's celebration is on the 29th day, because he is considered to be more important than a girl. (For the first born to be a boy is important, affirming continuity of name.)

The only gifts given at this celebration are clothes for the child.

Special food is prepared. Green bean tapioca pudding is molded in 12 separate bowls, and steamed sweet rice is molded in another 12 bowls. These are then unmolded upside down on 24 separate plates. The 12 dishes of tapioca pudding form a line down one side of the table, and the 12 dishes of molded steamed sweet rice form a line down the other side of the table. A vase of flowers is placed in the middle of the table.

Before the guests are invited to help themselves to this food, the paternal grandfather pronounces this blessing on the child: "When you open your mouth, may you say many lovely words to bring you good luck and wealth."

Note: It is important that the rice and tapioca pudding be placed in 12 bowls each. This is to placate the 12 goddesses of childbirth.

CELEBRATION OF FIRST BIRTHDAY OF A VIETNAMESE CHILD

The first birthday of a Vietnamese child is considered the most important event in its life. Again relatives and close friends are invited to the home. This time gifts include clothing, toys and gold jewelry.

Again the tapioca pudding and steamed sweet rice are prepared and arranged in two dishes on each side of the table, as at the 1-month ceremony.

This time the paternal grandfather introduces the child by the chosen name to all the assembled guests. A small round tray is prepared with the following items: a branch of flowers (roses, if possible), a comb, pair of scissors, a pen, a ruler, and some steamed rice. This filled tray is placed in front of the child. Whichever item the child grabs first will determine his or her future career. To pick up the comb or scissors is to become a barber or perhaps a tailor; the ruler—an architect; pen—an author; steamed rice—not good; the branch of flowers—a playboy.

Gifts have been placed on a round table. The child's mother then opens the gifts, each time announcing to the child the name of the giver.

Then food is served. This is usually a chicken noodle soup, spring rolls, fruit and then flam. Soft drinks, beer and liquor are drunk.

FUNERAL CEREMONY

For the most part, the Vietnamese believe that a person should die at home and be surrounded by his family. It seems really unlucky that a person dies away from home. In case a person has to be taken to a hospital for treatment and if the situation is very bad, the relatives will try to bring the person home to die.

While waiting for the shroud ceremony they will cover the dead person with a white sheet and a red handkerchief on the face, and putting a candle near the head and a bunch of bananas on the stomach or a knife beside the dead body in order to eliminate evil spirits.

The dependents will try to contact anyone who is living far away from home to come home before the shroud ceremony begins. The eldest member of the family will get advice from the fortuneteller about the time to celebrate the shroud and burial ceremonies through the horoscopic calendar.

One of the dead person's relatives will keep watching his body all the time to keep any black cat from jumping over the body of the dead person because this might wake up the dead person.

Before the shroud ceremony begins, dependents of the dead person will cut all their fingernails and toenails and put them in the dead person's hand, also dropping a handful of rice or a golden ring in the mouth.

Thumbs and big toes of the dead person will be tied together in order to maintain the bones in the same position in many years after the burying.

The dead person will be cleaned up by rice wine and rubbing with some perfume. Then the corpse will be dressed in white clothes.

When the shroud ceremony begins, the dead person will be wrapped up in a white sheet and tied up with ropes.

In the countryside, if the dead person is a virgin girl, she must be buried near her home, because her relatives worry that the sorcerer might cut off her head to use as a charm in practice of black magic. The person who dies before the parents do, is looked upon with disfavor, because it is felt only proper that older people should die first. Children are needed to take care of their parents. If they fail in this duty by dying, this is considered irreverent. Therefore, the dead person's parents will take a rod and hit the coffin three times to punish the irreverence of the dead person.

MOURNING CLOTHES

When the shroud ceremony begins, all the younger relatives will kneel down in front of the altar at the dead person's coffin. A white turban will be worn around the head of young relatives of the dead. All mourning clothes are white and the material is similar to mosquito netting. If the dead person's relatives come from the North, men will wear a black ribbon around the sleeve of their shirts and women will wear a black ribbon around their heads.

Three days after the burial, the dead person's relatives will take a chicken to the grave and lead it around the grave three times, carrying a rod of sugar cane in their hands. They believe that this ceremony will release the dead person's soul from suffering.

After the dead person is buried, all the mourning clothes will be kept until the 100th day celebration. But relatives of the dead person will continue to pin a small rectangular piece of black cloth in front of their shirts or blouses.

The mourning period is from two to three years, depending on the position or status of the dead person in the family.

Any marriage plans have to be postponed until after the mourning period is finished.

The changing economical situation and the coming of Western influence brought about many changes and the ceremony of burial became more simplified. However, relatives of the dead person still try to celebrate the funeral ceremony as close to the ways of their faith as possible.

The anniversary of the death of parents is an extremely important celebration. All relatives are called to the parent's home. A big feast is prepared of chicken, pork, fish, etc. All of the favorite foods of the parents are prepared. Whiskey, beer and soft drinks are served. A small table is placed in front of the ancestral altar by relatives and samples of the food are placed in small dishes on this table. Each member of the family takes turns in bowing three times in front of this arrangement, while standing, and four times in a prone or kneeling position. This is an expression of mourning for the parents.

The following story was told by a Vietnamese at Eglin about one of her ancestors. He was a descendant of a Vietnamese king and had acquired his land by force, so he was not well liked. As a matter of fact he was killed. When the corpse was found, it was headless. Now the family kept this headless body a good month, because they could not bury him without a head. Since they were unsuccessful in locating his head, it was decided to make an artificial one for him out of a coconut and thus proceed with the burial ceremony. Fortunately, about this time a fisherwoman found the head in one of her nets in the river and returned it to the family. The head was returned to the body and the burial ceremony held so the man's soul could depart in peace.

TET

The Vietnamese Holiday of Holidays

Historically, the Vietnamese Lunar New Year celebration has been the single most important holiday in Viet Nam. For the several days surrounding the celebration, schools are closed, business subsides, and festivity prevails.

Some believe that "Tet" is an abbreviated form of the Chinese word "Tiet" meaning weather. In ancient times, people observed the changing of the weather and chose Spring with its colorful flowers and cool weather as the beginning of the new year and as a time for celebration and having fun.

The first important ceremony takes place a week before New Year's Day. At that time, preparation is made for the Guardian of the Hearth or Kitchen God (Ong Tao) to return to heaven to report on the family to the Heavenly Emperor in the Jade Palace. If the report is favorable, fortune will bless them in the coming year. To insure that the report will be a good one, gifts such as fruit, honey, and paper clothing, and a paper carp (sacred fish for god to ride) are offered.

The Kitchen God is often pictured flying to heaven in a traditional long dress but without the trousers that are worn under it. The reason: the god has been so busy eating all the goodies the family has prepared for him, that he forgets the time and dashes off without his trousers! Most people consider him an important god because most of the things that happen to the family happen in the kitchen.

The core of the holiday is a three-day period at the beginning of the New Year. It is proper to conduct certain rituals and traditions on each of the days, such as a day for close relatives, a time for friends, etc.

It is a time of family gathering, of both living and dead relatives. Ancestors traditionally come from their spiritual homes to be present for the three-day celebration. Numerous rites are conducted to allow these spirits safe passage to and from the home. Ancestral graves are visited and prepared for the special occasion. Traditional foods and gifts are placed on family altars for spiritual participation in the event.

An immensely important part of the celebration is in planning the arrival of the first visitor on New Year's Day. Wise men or astrologers are often consulted, for the caliber of one's first visitor determines the outcome of the coming year. Therefore, if someone is believed to bring luck, he is well-paid by people—usually relatives—to be the first visitor.

As a result, people are very cautious about visiting those whom they don't know well, because if the visited does not do well during the year, he may blame the first visitor for bringing him bad luck. A woman is usually believed to bring bad luck. One whose father is dead should not visit anyone during Tet for five years afterwards.

Before Tet debts are cleared. During the holiday, general good-heartedness is evident. Gifts of food, plants, and other such things abound. Monetary gifts called "li-xi" and "tien mung tuo" are given, particularly to children, in celebration of the addition of another year of life.

Traditionally, one's birthday is marked at Tet. A child born a few weeks before the holiday (being one year old at birth by Vietnamese count) is suddenly two years old at Tet.

At the moment of the emergence of the New Year, a thunderous array of firecrackers are lit by every household to ward off any evil spirits. When sweeping the floor during Tet, some people sweep the dust inward rather than out the door, believing that by doing so they will collect fortune during the year rather than spending it. Some do not sweep at all for fear of sweeping prosperity out the door. Another belief is that if the very first watermelon cut during the new year is bright red, the family will have luck all year. People also believe that if one says bad words or bad things during Tet, he will have bad luck all year.

It is important, too, that people wear their best clothes or new clothes bought especially for Tet.

Special food is an important facet of the Tet celebration. A traditional meal is eaten at midnight to mark the beginning of the New Year. Feasting is evident everywhere. Among the food offered: fried watermelon seeds, sweetened dried fruit, candy, sticky rice cake with green beans and meat inside, pickles of various kinds, ground pork cake with different flavors.

As in China, each new year is given an animal representation. This is done according to a twelve-year cycle: Rat, Buffalo, Tiger, Cat, Dragon, Snake, Horse, Goat, Monkey, Cock, Dog, and Pig. 1976 is the year of the Dragon.

Finally on the evening of the third day the family spirits are ushered back to their spiritual abodes. Interfering spirits are paid by burning of artificial silver and gold money, not to inhibit the travel of the ancestral spirits. A paper carp is sacrificed as the vehicle for the family spirits.

Parallel poetic verses are written for Tet. The translation of one of them:
"Bacon, pickled Vietnamese vegetable and onion and red parallel poetic verses,
High bamboo pole, long flip of firecrackers, and green sweet rice cake"



NUOC MAM

(Juice of Fermented Fish)

Nuoc Mam, the juice of fermented fish, is the most important seasoning used in and on Vietnamese food. When put directly into the cooking, it is used full strength. However, when served separately as a "dip," or in a separate dish on the table to be added to the cooked food before eating it is diluted with some water, vinegar and sugar, according to taste. Often chopped cucumbers and carrots are added. Although the description of how Nuoc Mam is made often "turns off" foreigners, the juice of the fermented fish is really delicious and is an excellent source of protein.

First find a huge earthen crock, approximately 4 to 6 ft. high and 3 ft. in diameter. Cut a hole in bottom approximately 2½ inches in diameter. Take a bamboo stick approximately 2 feet long. Slice it into very thin strips, as thin as possible. Weave the bamboo strips to form a filter for the hole in the bottom of the crock.

Place bamboo filter into hole in bottom of crock. Then spread a layer of salt two inches thick. The salt used in Vietnam is that left by the salt water when it recedes after covering certain flat lands set up for that purpose. This salt is simply scraped up, carried to where needed, and used as is, without treatment.

Add a layer of fish. This fish is neither scaled nor cleaned, simply washed with water before putting in the crock. However, it is rolled in salt first. Continue to layer the salt and the salted fish to within four inches from the top of the crock, making sure that the top layer is salt. Diameter of lid must be slightly smaller than the diameter of the crock, since the lid must be weighted by a large boulder in order to compress the content. Obviously, the crock is mounted on a stand that has a hole allowing the contents to drain slowly into a smaller container, which will then be emptied periodically into another crock.

When the big crock stops dripping, refill it with salt water. Gather the drippings as before, but place in a separate crock. Repeat refilling with salt water, three to four times, each time gathering contents in a separate crock. Each crock must have a crock cover. The contents of the big crock may now be disposed of.

The four or five crocks of refined fish sauce should then be placed outside to be heated by the sun for 9 to 12 months, up to three years.

Obviously, the crock must be covered in adverse weather. After 9 to 12 months, the fish sauce is ready for bottling and use.

Remember, the first drippings of the crock is the best quality. The quality of the fish sauce decreases at each refill with salt water.

Similar fish sauce is made in the Philippines, Thailand and China and can be purchased at most oriental food stores.

MIEN GA

(Chicken Soup with Bean Threads)

Pork bones	Star Anise
Chicken	Nuoc Mam
Mushrooms, Black dried Chinese	Thin Rice Noodles (Bean Threads)
Coriander	Green Onions
Ginger, baked	Hot Chili Peppers
Five Spices	Fish Sauce
Onion, baked	Water

Pork bones and chicken are washed. Put them all into the boiling water at the same time. Keep the soup always pure by skimming off foam. To be sure that the chicken is softened enough to be served, use a chopstick to test through the chicken. Bake the ginger and onion together. Soak mushrooms for 10 minutes. Then add all three ingredients to the soup. Add star anise, coriander, Five Spices and nuoc mam. Cook for a while.

Rice noodles should be washed before putting into the soup.

In separate dishes place chopped green onions, chopped celery, and chopped hot chili peppers. Sprinkle on top of soup, according to taste.

Always serve the dish while it is still hot. Do not serve cold.

CHAO GA

(Chicken Soup with Rice)

Chicken	Coriander
Onion	Red Chili Peppers
Rice	Cooking Oil
Parsley	Fish Sauce

Make rice soup first by putting five parts water to one part rice. When rice is nearly done, add the whole chicken. After chicken and rice are cooked, remove chicken. Cut garlic and onion into small and thin slices. Then put them into boiling oil until they become yellow. Add them all into the soup, with some fish sauce. The chicken is then cut into pieces and put in the bowl of rice soup.

When the dish is served, chopped red chili peppers, coriander and fish sauce may be added. The dish should be served hot.

GOI GA

(Cooked Chicken with
Raw Vegetables)

Chicken
Cabbage
Coriander
Garlic
Star Anise
Chili Peppers

Sugar
Parsley
Bud of the banana tree
before blooming
Fish Sauce

The chicken should be put into boiling water and cooked until it gets softened. Then take it out. Cabbage should be cut into threads. Chicken is cut into pieces or it can be torn into threads.

Put the cabbage threads on a plate and cover the cabbage with pieces of cooked chicken. Add coriander. When the dish is served, pour the fish sauce, which you have already mixed with garlic, star anise, chopped chili peppers, banana buds, and sugar, on the plate. Mix it before eating. Serve over rice.

“Goi Ga” is often served with chicken rice soup.



CARI GA

(Curried Chicken)

Chicken
White or Sweet Potato
Lemon Grass
Onion
Garlic
Salt

Accent
Chili Peppers
Coconut Milk
Cooking Oil
Curry Powder

Chicken is cut into pieces about 2 inches long. Wash and let them dry. Then put on one-half of the garlic and onion (already cut into small pieces). Add chopped chili peppers, salt, curry powder, Accent, and put them aside to marinate for 30 minutes.

Into the boiling oil put the remaining garlic, lemon grass and onion. Add the chicken. Fry about 10 minutes. Add coconut milk and continue to cook with a very low flame, for about 30 minutes.

Cut potato into thin round pieces and fry (for just a while) . . . Put all the potatoes with the fried chicken. Pour in the coconut milk and continue to cook for ten more minutes.

GA QUAY (Fried Chicken)

A Chicken	Pepper
Bay Leaves	Garlic
Salt	Cooking Oil
Sugar	

Pick all feathers off a chicken (or a hen). Clean out its insides and wash the chicken. Cut off its two feet. Break the neck of the chicken and put it under one wing. Slice a small amount of the chicken under the legs and pull them back.

A little salt, pepper, sugar and garlic are mixed. Use this for scrubbing the whole of the chicken. Put some bay leaves inside the chicken. Put the pan on the fire. Turn the fire at high level. Wait for a moment until the pan is heated. Pour in 3 teaspoons of oil, and when the oil smokes, fry the chicken on one side until it browns, and then continue to brown the other side.

When the chicken is all brown, add 5 or 6 spoons of fresh water and cover the pan with a lid. Then turn off the fire. Stick the chicken with a fork to make sure the meat is tender enough before eating.

GA KHO

(Chicken with
Soy Sauce
or Fish Sauce)

Chicken	Onion
Soy Sauce or Fish Sauce	Salt
Ginger, whole	Sugar
Garlic	2 tsps Oil or Butter

Cut chicken into square pieces. Rub the chicken with a combination of sugar, salt, garlic, onion, and soy or fish sauce. Marinate chicken about 20 minutes. Fill a pot with water. (Depends on size of chicken you use, the water that might be with it.) Cook chicken with all of seasonings and the 2 spoons of oil or butter.

GA XE PHAI

(Vietnamese
Chicken Salad)

Chicken	Vinegar
Cabbage	Salt and Pepper
Onion, big	Fish Sauce
Mint	

Boil chicken until it is tender. Remove and drain. Slice or shred cabbage and slice one big onion in very thin slices. Add mint and a little vinegar to cabbage. Cut chicken into small pieces and mix everything together. Add salt and pepper to taste. Add a little fish sauce and serve.

BUN THANG

(Chicken Noodle
Soup)

Pork Bones or Pig's Feet	Fish Sauce
Chicken	Parsley
Ham or other Cold Meat	Sesame Oil
Eggs	Thin Rice Noodles
Baked Oysters (optional)	Red Chili Peppers

Pork bones or pigs feet are necessary to wash so carefully. Put them into boiling water. Add the chicken. The soup water should always be kept clear by skimming off any foam. Eggs are fried, spread out in very thin layers. After they are cooked, cut them into long threads. Also, the cold meat is cut into long threads the same way.

Cook the chicken until it softens. Then take it out and put it on a dry plate. The pork bones are still in the soup. Tear the chicken into small pieces, after removing the skin. The chicken skin is also cut into threads. Cut the parsley into small pieces. Cook the rice noodles by putting them in boiling water and taking them out quickly.

To set this dish on the table, put some noodles in the bowl first, then the egg threads, cold meat threads, chicken, chicken skin, and parsley. Pour the soup from the cooked bones into the bowl. Add fish sauce, chopped chili peppers and sesame oil when you eat. This soup should be served hot.

NOTE: You can add baked oysters, salt and fish sauce to the cooking if you desire.

GA KHO XA

(Chicken with
Lemon Grass)

Chicken	Salt
Lemon Grass	Sugar
Onion, sliced	Oil
Fish Sauce	Hot Pepper
Black Pepper	Rice

Put about 4 tbsp oil in fry pan and bring to a boil. Add lemon grass that has been sliced very fine and one hot pepper and one onion that has also been sliced very thin. Fry until this turns a golden brown. Put cut up chicken in and fry until it turns brown. Pour in about $\frac{1}{2}$ cup of fish sauce. Add $\frac{1}{4}$ tsp black pepper and about 2 tsp salt, and 1 tbsp sugar. Bring to boil, reduce heat and simmer about one hour. Serve with rice.

NOTE: The donor of this recipe said it is delicious but cooking this will make the house smell terrible.

GA HAP

(Steamed Chicken with Green Onion)

Chicken
Salt
Green Onions

Ginger, whole
Oil

With pestle and mortar, crush green onions, about two large ones, together with three slices of ginger. Add salt. Rub chicken inside and out with this mixture and marinate between 30 minutes and an hour. Steam the chicken in the marinade over high heat for about 15 minutes. Turn off heat but do not remove chicken for 15 minutes. For serving, cut chicken into pieces and garnish with shredded onion and ginger.

GA NAU VOI NUOC COT TRAI KHAM

(Stewed Chicken with Pineapple Sauce)

Chicken
Pineapple, chopped
Onion, chopped
½ cup Pineapple Juice
Parsley

5 tbsp Cornstarch
2½ cups Cold Water
1 tbsp Cornstarch
½ tsp Sesame Oil
Cooking Oil

Wipe chicken dry and marinate with soy sauce and 5 tbsp cornstarch for about 30 minutes. Then deep fry in oil until brown. Save marinade. Remove the chicken from oil and discard oil. Put a little oil in frying pan and stir-fry chopped onion. Add marinade and pineapple juice. Add chicken, then cold water. Cover and cook over low heat for 30 minutes or until chicken is tender.

Remove chicken and cut into small pieces. Add pineapple to sauce in pan and cook over low heat a few minutes. Make paste of 1 tbsp cornstarch and water. Add paste and sesame oil. Stir, put over chicken and serve.



GA RAM (*Spicy Chicken*)

Chicken	Egg White
Green Onion, chopped	Cornstarch
Ginger, chopped	Sesame Oil
Star Anise, sliced	Peppercorn and Salt
Soy Sauce	Oil

Cut chicken in half. Make a marinade of green onion, ginger, star anise, soy sauce, egg white and cornstarch and marinate for at least 30 minutes. Deep fry chicken in hot oil. Remove, reheat oil and fry chicken again until brown. Remove and drain. Serve chicken with a little sesame oil on top.



GA NAU VOI SUP OC TAI

(*Chicken and
Abalone Soup*)

Abalone, canned	4 tbsp Flour
½ cup Chicken, minced	5 tbsp Lard
4 Egg Whites	½ tbsp Wine
1 tbsp Ham, cooked and chopped fine	2 tsp Salt
	5 cups Soup Stock

Put minced chicken in bowl and add wine and ½ tsp salt. Mix well, then add 1 egg white at a time, until all four are used. Mix well each time.

Slice abalone very thin and reserve the abalone juice from the can.

Heat lard in frying pan, add flour and cook a few seconds. Add soup stock and reserved abalone juice. Mix well and bring to boil. Add sliced abalone and 1½ tsp salt. When this comes to a boil again, add minced chicken meat. Fry, stirring, until thoroughly mixed. Turn off fire immediately. Serve, garnished with chopped ham.

GA CHIEN TOI OT

*(Chicken with
Peppers)*

1 Chicken	1 tbsp Vinegar
2 Green Peppers	$\frac{1}{2}$ tbsp Wine
3 Red Chili Peppers	1 tsp Sesame Oil
4 Garlic Buds	1 tsp Sugar
$\frac{1}{2}$ Egg White	$\frac{1}{2}$ tsp Salt
1 tbsp and 1 tsp Cornstarch	Peanut Oil
3 tbsp Soy Sauce	

Bone chicken and cut into small pieces. Mix 1 tbsp soy sauce, 1 tbsp cornstarch, $\frac{1}{2}$ egg white and marinate chicken at least 30 minutes.

Clean and chop green and red peppers. Slice garlic.

Fry chicken in peanut oil until done. Remove and drain.

Mix seasonings together: 2 tbsp soy sauce, vinegar, wine, sesame oil, sugar and salt. Set aside.

Fry garlic in a little oil, then add peppers and saute. Add chicken and seasonings and stir mixture until thickened. Serve cold.

GA NAU RUOU CHAT

(Chicken with Wine)

1 Chicken
2 tbsp Salt
2 cups Wine

Clean chicken and wipe dry. Rub the chicken with salt both inside and outside. Let stand 4 to 6 hrs.

Steam chicken over high heat about 25 minutes.

Remove chicken and let it cool. Then cut into several large pieces and put into deep container. Pour the broth from the container in which chicken was steamed over the chicken. Add wine and mix. Cover and keep in refrigerator overnight. Turn once after six hours.

Slice and serve.

GA NAU DAU

(Chicken with
Walnuts)

Chicken Fillets	Walnut halves
Green Onion, chopped	Vinegar
Green Pepper, chopped	Cornstarch
Ginger	Salt
Egg White	1 tsp Sugar
1 tbsp Cornstarch	Oil
3 tbsp Soy Sauce	

Cut chicken fillets into small pieces. Make marinade of egg white, 1 tbsp cornstarch, and 1 tbsp soy sauce. Marinate for 30 minutes. Stir-fry walnut meats. Fry chicken in oil, remove and drain. In 2 tbsp oil stir-fry ginger a little. Add onion, cook slightly, then add green pepper. Mix seasonings of 2 tbsp soy sauce, $\frac{1}{2}$ tbsp vinegar, $\frac{1}{2}$ tbsp cornstarch, salt and sugar. Add chicken and seasonings to fry pan with onion mixture and cook until thickened. Turn off heat, add walnuts, stir and serve.

GA NAU TUONG GUNG

(Chicken with
Chili Peppers)

1 Chicken, filleted	2 tbsp Cornstarch
Dried Chili Pepper, chopped	Oil
$\frac{1}{2}$ cup Peanuts	$\frac{1}{2}$ tbsp Vinegar
1 tsp Ginger, chopped	1 tbsp Sugar
3 tbsp Soy Sauce	$\frac{1}{2}$ tbsp Salt
	1 tsp Sesame

Chop chicken fillet into small pieces. Marinate with 1 tbsp soy sauce and $1\frac{1}{2}$ tbsp cornstarch for 30 minutes.

Mix seasonings together: 2 tbsp soy sauce, $\frac{1}{2}$ tbsp vinegar, 1 tbsp sugar, 1 tsp cornstarch, $\frac{1}{2}$ tbsp salt, 1 tsp sesame oil. Set aside.

Fry peanuts until medium brown. Set aside.

Fry chicken in boiling oil until done. Remove, drain, and discard cooking oil.

Chop dry chili peppers and fry in 2 tbsp oil until red peppers turn black. Add ginger and chicken and mix well. Add mixed seasonings that have been set aside. Stir until thickened. Turn off fire. Add fried peanuts, mix and serve.

GA SOT VOI BAP

(Chicken with
Corn Soup)

Chicken Breast, cooked	3 tsp Fish Sauce
2 Egg Whites	6 cup Chicken Broth
Soy Sauce	4 tbsp Cornstarch
1 can Cream Style Corn	4 tbsp Water

Cut cooked chicken into small pieces. Mix thoroughly with 1 egg white and cream style corn. Set aside.

Beat other egg white separately and set aside.

Bring chicken broth to a boil. Add chicken, creamed corn, salt and egg white. Make a paste of cornstarch and water. Add to mixture and cook until thickened. Reduce heat, carefully stir until blended.

When serving, add soy sauce.

VIT TIEM

(Stewed Whole Duck
in Brown Sauce)

1 Duck	3 oz Crystal Sugar
3 Green Onions	2 tsp Salt
3 slices Ginger	2 tsp Sesame Oil
1 Star Anise	½ lb Spinach
6 tbsp Soy Sauce	Peanut Oil
2 tbsp Wine	

Clean duck and marinate with soy sauce about 30 minutes.

Deep fry duck until brown and crispy. Remove from frying pan and drain.

Put duck in pot and add green onions, ginger, anise, wine, the remaining marinade, and 5 cups of boiling water (just cover the duck). Put on lid and stew about 2½ hours. After one hour add sugar and 1 tsp salt.

When this has cooked down to about two-thirds of a cup of juice, add sesame oil. Then take out duck, put on platter, and pour remaining sauce on top.

Put 3 tbsp oil, 1 tsp salt and ½ tsp sugar in frying pan. Add spinach and cook quickly, stirring. Put on platter and place duck on top. Serve.

GA NAU MANG CHUA

*(Chicken with
Sour Bamboo)*

Chicken	Oil
Onion	Soup Stock
Garlic Buds	Soy Sauce
Salt and Pepper	Rice Sticks
Sour Bamboo (in can)	Lettuce

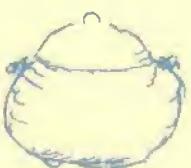
Fill deep pot with enough water to cover a 2 lb. chicken. Add $\frac{1}{2}$ of a big onion and 2 buds of garlic. Wait until this boils and skim off the foam. Add 1 tsp salt and $\frac{1}{4}$ tsp pepper. Simmer 45 minutes to one hour. Meanwhile, open can of sour bamboo and drain. Put 2 tbsp oil in skillet. Add one bud of crushed garlic and fry together with bamboo to make it light brown. Put bamboo in the soup stock with chicken. Put in soy sauce to taste. Chopped onion should be added. This can be served over cooked rice sticks or on shredded lettuce.

BONG CAI AO THIT GA

*(Chicken with
Cauliflower)*

Chicken Breasts	Water
Cauliflower	Green Onion
Garlic Bud	Black Pepper
Oil	Soy Sauce or Fish Sauce
Bouillon Cube	

Cut chicken breasts very thin. Heat cooking oil in skillet. Add garlic bud. Then add chicken pieces and fry until half done. Take out. Set aside. Pour more oil in the skillet. Divide cauliflower in small sections and fry about two minutes. Then add one chicken bouillon cube to $\frac{1}{2}$ cup water. Dissolve and add to cauliflower. Mix well. Cover and cook about 3 minutes. Add chicken and cook uncovered until chicken is tender. Add some fish sauce or soy sauce. Put on serving platter and garnish with green onion.



VIT NAU MANG

(Stewed Duck with
Vegetables)

1 Whole Duck	6 tbsp Soy Sauce
Duck Giblets	1 tbsp Wine
Bamboo Shoots	½ tbsp Sugar
3 Dried Black Mushrooms	1 tbsp Cornstarch
Carrot, sm.	1 tbsp Water
10 Snow Pea Pods	1 tsp Sesame Oil
2 Green Onions	Peanut Oil
1 Star Anise	

Cut the duck through the breast lengthwise. Lay flat with skin side up. Rub duck with soy sauce and marinate about 10 minutes.

Put oil in frying pan and fry duck until golden brown all over. Drain.

Mix 6 tbsp soy sauce with wine, sugar, star anise, green onion. Put in deep pot and bring to a boil. Put in duck and cover with boiling water. Cook over low heat until meat is tender.

Soak dry mushrooms in warm water about 15 minutes, then slice. Cut up giblets, which have been cooked separately. Slice and cook bamboo shoots and carrot pieces. Put duck on serving dish. To the remaining liquid in which duck was cooked, add sliced and cut up ingredients. Cook until everything is tender. Mix 1 tbsp cornstarch and 1 tbsp cold water together. Add to sauce and stir until thickened. Add sesame oil, stir, and put sauce over duck. Serve.

THIT HEO XAO

(Twice Cooked Pork)

Pork	2 tbsp Sweet Soybean Paste
Green Onion	1 tbsp Hot Bean Paste
Ginger	2 tbsp Soy Sauce
2 Green Peppers	2 tsp Sugar
Garlic Buds	Peanut Oil

Cook pork slowly with ginger, green onion for about 20 minutes; then slice. Cut pepper into small pieces. Slice garlic. Mix sweet soy bean paste with soy sauce, sugar and hot bean paste. Fry pork slices in a little oil. Then add garlic and green pepper. Remove from pan. In remaining oil fry the sweet soy bean paste a few seconds. Return pork mixture, stir well and serve.

THIT HEO XAO VOI NUOC SOT

(Sweet and Sour Pork)

Pork	Wine
Green Onions	2 tsp Cornstarch
5 tbsp Soy Sauce	1 tsp Sesame Oil
4 tbsp Sugar	Green Pepper, Chopped
3 tbsp Vinegar	Water Chestnuts, Sliced
3 tbsp Water	Oil

Cut pork into small pieces and marinate with wine and soy sauce for 30 minutes. Reserve soy sauce. Deep fry pork, take out, reheat oil, fry pork again until very brown. Remove and drain.

Make paste of cornstarch and water. Mix together sugar, vinegar, cornstarch paste, sesame oil, chopped green onion, green pepper and water chestnut slices. Heat a little oil in frying pan. Add seasoning and cook until thickened. Add pork and stir. Serve.

THIT HEO VA GIA VI

(Pork with
Green Pepper)

1 lb Pork	1 cup Soup Stock
Green Peppers	2 tbsp Soy Sauce
2 oz Rice Noodles	$\frac{1}{3}$ tsp Accent
Lard	1 tbsp Cornstarch

Halve green peppers, discarding seeds. Chop. Chop pork in small pieces. Cook rice noodles in boiling water until tender. Drain and chill. Put lard in frying pan and sauté pork and green peppers. Add noodles and sauté a little longer. Add soup, soy sauce and Accent. Mix cornstarch with water. Add to mixture and cook until thickened. Serve.



THIT KHO NUOC DUA, HOT VIT

*(Pork and Duck Eggs
with Fish Sauce)*

Pork
Duck Eggs
Coconut Milk

Fish Sauce
Water
Salt

Cut pork into medium pieces. Cover pork pieces with onion, garlic, and a little salt. Marinate a little while.

Boil pork pieces and coconut milk until the coconut milk is absorbed into the pork pieces and the meat turns to light brown. Put water in a pot, bring to a boil and add fish sauce. Add pork and put flame on low until the pork becomes softened. Put duck eggs into the soup when it is boiling.



CHA LUA

*(Pork in Banana
Leaves)*

1 lb Pork
½ lb Pork Skin
Banana Leaves

Lard
Cord

Fry pork skin until crisp. Cut into small pieces. The raw pork is pounded and mashed with mortar and pestle. The lard is cut up same as fried pork skin, and it is lightly pounded with pestle. Then mix the raw pork, pork skin and lard together. Pack this mixture into banana leaves and tie with cord in the shape of a can of Coke.

Boil this pork skin meat roll until mashed pork is cooked.

This recipe is from North Vietnam.

NEM NUONG

*(Grilled Ground
Pork)*

½ kilo of non-fat Meat
400 grams of Fat
2 roots of Garlic
Star Anise
Watercress

Rice Paper
Salt
Pepper
Sugar
Nem Nuong Sauce*

Every piece of fat should be taken off non-fat meat. The 400 grams of fat should be cut into small pieces, after a quick boiling. Or you can cut it into small pieces, combine it with some sugar, and put it out in the sun for a bit.

The non-fat meat should be ground and combined with garlic, salt and pepper. The more you grind the meat, the better. Make into small rolls. Put the small pieces of fat and the rolls of meat on a skewer and cook over a low flame.

The rice paper should be cut into small pieces and dipped into water to soften it. Put the meat, watercress, and Star Anise on it and roll up tightly, into rolls approximately 2 inches in length. These rolls are dipped into Nem Nuong sauce and eaten.

*** How to Make NEM NUONG Sauce**

Soy beans are ground. Boil some bones until a good soup is made. Throw away the bones and use the soup only. Put the ground soy beans in the soup and continue to boil. If desired, you can add some ground liver to the soup. Some (sticky rice) can be ground and put into the soup to thicken it. Add some sugar and salt to the soup, then you have NEM NUONG sauce. This sauce should be served hot.



CHA GIO

(Meat Rolls)

Pork	Pepper
Crab	Thin Rice Noodles
Bean Sprouts	Watercress
Eggs	Lettuce
Mushrooms	Rice Paper
Oysters (optional)	Fish Sauce
Salt	

First grind the pork together with mushrooms. Bean sprouts should be cut into small pieces. Boil the crabs and take out their meat. Mix all these things together with eggs, oysters, salt and pepper. Use the soft yellow rice paper (do not use the dry rice paper). Cut each piece of rice paper into 4 pieces and spread these pieces on a tray. Wet the rice paper, then put some of the mixture on it and roll it until about 2 inches long. Remember to roll it tightly. Put the meat rolls in a boiling oil, over a fairly low flame. Cook slowly and turn the rolls often until they brown.

This dish should be served while it is hot. Eat the meat rolls with watercress, lettuce and fish sauce.

THIT HEO VO VIEN VOI SOT

(Meat Balls with
Sour Sauce)

1 lb Pork, ground	1 Egg
3½ tbsp Green Onion, chopped	4 tbsp Sugar
1 tsp Ginger, chopped	½ cup Water
1 tbsp Soy Sauce	4 tbsp Vinegar
½ tbsp Wine	1 tbsp Soy Sauce
1½ tsp Salt	½ tsp MSG
1 tbsp and 2 tsp Cornstarch	1 tsp Sesame Oil
	Peanut Oil

Mix pork thoroughly with 2 tbsp cold water, place in bowl. Add egg, onion, ginger, soy sauce, wine, 1 tsp salt, 1 tbsp cornstarch. Mix. Make balls of pork mixture and fry in hot oil until golden brown. Remove meat balls, drain. Reheat oil, put meatballs back in and fry again briefly. Remove and drain. Mix together seasonings of 4 tbsp sugar, ½ cup water, 4 tbsp vinegar, 1 tbsp soy sauce, ½ tsp MSG and 1 tsp sesame oil. Set aside. Put 1 tbsp oil in fry pan and stir fry chopped green onion. Add seasonings and stir. As soon as sauce thickens, add meat balls and mix. Serve warm.

BANH CU CAI

(Chinese Boiled
Meat Dumplings)

2½ cups Flour	Green Onion, chopped
Water	Ginger, chopped
Salt	Soy Sauce
Pork or Beef (ground)	Lard
Chinese Cabbage, chopped	Sesame Oil

Mix flour, salt and water until it forms a soft dough. Cover with a damp cloth and let stand for 15 to 30 minutes. Mix together ground meat, green onion, 1 tsp ginger, 2 tbsp soy sauce, salt, 2 tbsp lard, and sesame oil. Wash cabbage and squeeze dry. Add chopped cabbage. Mix everything together thoroughly. Put dough on lightly floured board and knead again until very smooth. Divide dough into small pieces and roll each piece into a round thin pancake. Place some filling in center of pancake, fold over and press edges together firmly. Bottom of dumpling should be much wider than pinched top. Drop dumplings one by one into boiling water. Stir carefully to prevent them from sticking to bottom of pan, taking care not to tear the dough. Cover with lid and cook until water boils again. Then add ½ cup water to pan, cover and let come to boil again. When water boils, add another ½ cup cold water. When this boils, dumplings will be cooked. Serve hot with favorite sauce.

TRUNG CHIEN VOI THIT HEO

(Pork Omelet)

Eggs	Salt
Ground Pork	1 tbsp Cornstarch
Chopped Celery	1 tbsp Water
Chopped Green Onion	2 tbsp Soy Sauce
Chopped Ginger	1 tsp Sugar
Chopped Garlic	½ tbsp Vinegar
½ cup Water	½ tbsp Sesame Oil
Dash Wine	Cooking Oil

Mix cornstarch with 1 tbsp water to make paste. Beat the eggs well in a bowl, add salt, 2 tbsp oil, 1 tbsp cornstarch paste. Beat until very smooth and thick. Heat oil in frying pan. Add eggs and fry until light brown on the bottom. Turn them over. Add a little oil to frying pan. When eggs are firm, take them out and cut in small pieces. Add a little oil to frying pan and stir fry pork. Add ginger, garlic, wine, soy sauce, soup stock, salt and sugar. When this boils, add cornstarch paste and cook until thickened. Then add vinegar, sesame oil, chopped green onion and celery. Pour this sauce over eggs and serve at once.

MONGOLIAN BARBECUE

Mongolian Barbecue means simply using whatever food is available in the area in which it is prepared. Therefore, any foods can be substituted as desired. A hat shaped, somewhat conical, charcoal heated bar-b-que grill, with an indentation on the top to hold cooking, is the most satisfactory. The hat, itself, should have small holes in it.

(<i>Mongolian Barbecue</i>)	Beef Tenderloin	Cabbage
	Lean Fish	Green Pepper
	Chicken	Parsley
	Pork	Soy Sauce
	Onions	Sesame Oil
	Bean Sprouts	Sesame Seeds
	Pineapple	Ginger
	Bamboo Shoots	Sunflower Seeds
	Hearts of Palm	Hot Pepper Oil

All meat should be filleted and cut into flat thin slices. The same is true of fruits and vegetables.

Mix together soy sauce, sesame oil, sesame seeds, whole ginger, hot pepper oil and sunflower seeds. Dip each item into sauce and place on side of hat for a few minutes, then turn over and cook to degree desired. Small vegetables can be put in oil at top of hat and sauteed quickly. Again dip food into sauce and eat.



HEO HAM

(*Spiced Pork*)

Boneless Pork	Dash Wine
2 tbsp Soybean Paste	2 oz. Rock Sugar
3 tbsp Soy Sauce	Star Anise

Rub pork with soy bean paste and marinate about 3 hours. Boil soy sauce, wine, and star anise in pot. Add pork and 2 cups boiling water. Bring to boil again over high heat. Reduce heat and stew for 30 minutes. Then add sugar and cook for one more hour. When sauce in pot is cooked down and thick, remove from fire and cool. Put sliced pork on serving plate and cover with sauce. Serve.

BANH PATE

(Pork Cake)

Pork
Onion, chopped
Ajinomoto (MSG)

Pastry (already prepared)
Salt

Chop pork meat and then gradually add onion, salt, Ajinomoto into the chopped meat. Buy ready made pastry, cut a line along the pastry, wide enough to stuff the chopped meat in. Then put in oven and bake until meat is cooked.

The Vietnamese often eat meat pies for breakfast.

HOANH THANH

(Hun-Tung in Soup)

2 cups Flour
2 Eggs
 $\frac{3}{4}$ cup cold Water
3 tsp Salt
 $\frac{1}{2}$ cup Cornstarch
Sesame Oil

$\frac{1}{2}$ lb Chicken and Pork,
minced
1 tbsp Green Onion,
chopped
1 tbsp Soy Sauce
Peanut Oil

Mix flour, 1 egg, $\frac{1}{2}$ tsp salt and water together. Then knead by hand until very smooth. Let stand about 10 minutes.

Using a rolling pin, roll dough on a board which has been sprinkled with cornstarch. Keep rolling and turning dough one-fourth each time, until it is very thin. Cut this thin dough into 3" squares to make Hun-Tung wrappings to hold the filling.

Filling: Mix together in bowl the minced meat, 1 egg, chopped green onion, 2 tsp salt, soy sauce, 2 tbsp peanut oil, and sesame oil.

Place 1 tsp filling in center of each 3" pastry square, fold corner to corner to make a triangle. Pinch edges together firmly.

Drop Hun-Tung into deep pot of boiling water, cover with lid and cook over high heat. When water boils again, add $\frac{1}{2}$ cup cold water. Let boil one more time. Remove Hun-Tung.

Mix $\frac{1}{3}$ tbsp soy sauce, $\frac{1}{2}$ tsp salt and $\frac{1}{2}$ tsp sesame oil. Then add 1 cup boiling soup stock to this. Place in bowl and drop in several pieces of Hun-Tung.

ECH LAN BOT

(Fried Frog Legs)

Frog legs	Pepper
Onion	Flour
Garlic, chopped	Water
Salt	Cooking Oil

Cut frog legs into finger size pieces. Put them in a bowl and add salt. Use three spoonfuls of flour and one spoonful of cooking oil. Add salt, pepper, onion and garlic. Then mix all of them together and add a little water until it forms a paste. Roll frog legs into paste. Pick out and fry them in boiling oil until light brown.

BAP CAI DON THIT

*(Meat Rolls in
Cabbage Leaves)*

Chicken or Pork	Cabbage
Chicken Livers	Salt
Shrimp	Cornstarch
Ham, cooked	Soup Stock
Black Dried Chinese Mushrooms	Milk
Bamboo Shoots, cooked	Water
	Oil

Cut chicken (or pork) and shrimp in small pieces and mix with 1 tsp cornstarch. Boil chicken livers briefly, then chop into small pieces. Soak dried mushrooms in warm water for 15 minutes. Discard stems and chop mushrooms into small pieces. Put a little oil in frying pan and cook chicken and shrimp. Add mushrooms, bamboo shoots (chopped), and ham. Add salt and $\frac{1}{2}$ cup soup stock, bring to boil. Add chicken livers. Make a paste of cornstarch and water, add, stir until thickened. Core cabbage and cook in boiling water until leaves are softened. Remove leaves and cut each one in half. Put a little meat mixture in center of each leaf. Roll leaves tightly around meat and secure with toothpick. Steam these meat rolls about 15 minutes. Serve with cream sauce.



BANH CHIEN NHOI THIT

(Chinese Fried
Dumpling)

2½ cup Flour	Cabbage or Spinach
½ cup boiling Water	Green Onion, chopped
½ cup cold Water	Ginger, chopped
Pork, ground	2 tbsp Soy Sauce
Shrimp, chopped	2 tbsp Lard
Chinese Dried Black Mushrooms	

Add boiling water to flour and mix well, but lightly. Then add cold water. Knead this thoroughly. Cover with cloth and let stand 15 minutes.

Soak mushrooms in warm water for 15 minutes. Remove stems and discard them. Chop mushrooms into small pieces. Place pork and chopped shrimp in bowl. Add mushrooms, green onions, ginger, soy sauce, salt, and sesame oil. Mix until thickened.

Cook cabbage or spinach in boiling water for 2 minutes. Take out and immediately put into cold water. Squeeze very dry and add to meat mixture. Put dough on floured board and knead until very smooth. Divide into small pieces and roll very thin. Put 1 tbsp of filling in center, fold over and pinch edges together.

Heat frying pan and add a little oil. When oil is very hot, cover bottom of pan with dumplings. Cook until the bottom of the dumplings have browned. Now add ½ cup water, cover and cook until water has evaporated. Add a little oil to pan and fry another 30 seconds. Remove and serve.

HANH CHIEN BOT

(Onion Pie)

3 cups Flour	Green Onion, chopped
1 cup boiling Water	Salt
½ cup Cold Water	Cooking Oil

Make a hollow in center of flour, add boiling water, mix at once. When mixture cools, add cold water, mixing well. Knead dough until smooth. Roll dough about ¼" thick and cut in large round pancake. Rub some lard on pancake, add a little salt and chopped onion. Roll up into tight tube. Shape into any design desired and roll again until ¼" thick. Fry in 2 tbsp oil about 2 minutes. Lower heat, cover pan. Continue cooking, turning pie over, until both sides are brown and crispy. Serve.

THIT NAU SOT

(Meat with
Brown Sauce)

5 or 6 oz Chicken	1 tbsp Wine
10 oz Pork, ground	4 tbsp Cornstarch
1/4 lb Ham or Squid	3 tbsp Water
1 1/4 lbs Sea Cucumber	2 1/2 tsp Salt
5 Black Dried Mushrooms	3 cup Soup Stock
1 Bamboo Shoot	1 tsp Sesame Oil
12 Snow Pea Pods	6 tbsp Peanut Oil
2 eggs	

To beaten egg add $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ tsp cornstarch and $\frac{1}{2}$ tbsp water. Mix well. Put mixture into hot frying pan and make 1 large thin pancake.

Add $\frac{1}{2}$ tsp salt, 2 tsp cornstarch, 1 tsp wine and 1 egg to ground pork. Mix thoroughly. Then roll half of mixture into tube shape.

Make small meatballs with other half of the mixture. Steam the meat roll and meatballs for about 10 minutes or until cooked.

Cook ham and chicken in water. Reserve the stock. Slice the ham, chicken and squid. (Squid should be soaked previously).

Peel and boil whole bamboo shoot about 15 minutes. Cool and slice. Soak dried mushrooms in warm water for 15 minutes. Remove stems and slice.

Cut sea cucumber crosswise about $2\frac{1}{2}$ " in length and boil with some green onions and ginger about 10 minutes. Then fry sea cucumber in a little oil, add 2 tbsp soy sauce and cook about 3 minutes. Drain.

Heat some more oil. Fry chicken, sliced bamboo shoots, mushrooms and pea pods, then add soup stock, 2 tbsp soy sauce, $1\frac{1}{2}$ tsp salt and cook for one minute. Add sea cucumber and ham, continuing to cook. Make paste of 3 tbsp cornstarch and 3 tbsp water. Add to mixture and stir until thickened. Add sesame oil. Arrange meatballs and sliced meat roll on serving dish. Pour sauce on top and serve.



DO CHUA (Chinese Pickles)

Large Crock	5 Hot Chili Peppers
2 tbsp Peppercorns	1 Turnip
3 tbsp Salt	½ Carrot
8 cups boiling Water	½ lb Cabbage
2 tbsp Wine	3 small Cucumbers
5 slices Ginger	

Clean and whip dry a large crock. Place peppercorns and salt in crock. Add boiling water and let cool. Then add wine, ginger, and hot peppers that have been cut into small pieces. Mix well.

Do not peel turnip, carrots or cucumbers but cut them into small pieces and drop into the brine mixture.

Tear cabbage leaves into small pieces, place in the sun for a few minutes so cabbage leaves will be dry, then add to the brine.

Mix all the vegetables together thoroughly and close crock with close fitting lid. Let vegetables marinate at least three days.

It is not necessary to discard the brine after taking the vegetables out if additional vegetables are added, each time add 2 tsp salt and 2 tbsp wine.

COM CHIEN DUONG CHAU (Fried Rice)

1 liter of Rice	Garlic
3 Chinese Sausages or 6 pieces of Ham	1 tsp of Ajinomoto or Accent
2 tbsp of Tomato Paste	3 tsp of Cooking Oil
3 Eggs	Coriander
Onion	

Cook the rice and leave it cool down. Fry eggs and slice into small strips. Grill Chinese sausages and slice into thin pieces.

Heat the cooking oil and then add rice, tomato paste, sliced fried egg, chopped onion, chopped garlic and slice Chinese sausages. Then mix up all the contents until it is mixed. Serve fried rice in plate and drop in some of coriander.

BI

(Brown Rice with Meat)

Rice
Pork
Pork Skin
Garlic
Rice Noodles
Rice Paper

Chili Peppers
Raw Vegetables
(bean sprouts, lettuce, cucumbers, etc.)
Nuoc Mam

Fry cooked rice until it is brown and somewhat dry. Then pound it with a mortar and pestle very much. Cook pork meat and fry pork skin, until both are finished. Then cut the meat and skin into very small pieces. Mix with garlic.

Dip rice paper into water to make it soft. Then place meat mixture with chopped raw vegetables on rice paper. Roll tightly into rolls about 2 inches in length. Dip this into the fish sauce and eat.

CHE DAU XANH BOT BAN

(Tapioca and Mongo Bean Pudding)

½ cup Coconut Milk
¼ cup Tapioca
200 grams of Mongo Beans

1 cup of Sugar
1 tsp Vanilla
3 cups Water

Mix ¼ cup of coconut milk with 3 cups of water. Boil the mongo beans until they are softened. Then add sugar, tapioca, vanilla and the remaining ¼ cup of coconut milk. Stir up lightly in 2 minutes and then take off the fire. Leave pudding thicken in bowl. Then eat.

BAP CAI MUOI

(Sweet and Sour Cabbage)

Chinese Cabbage
Chili Peppers
Peppercorns
3 tbsp Soy Sauce
2 tbsp Vinegar

2 tbsp Sugar
Salt
2 tbsp Sesame Oil
Cooking Oil

Cut cabbage leaves into small pieces. Wipe and dry. Chop chili peppers, remove seeds. Heat oil in frying pan. Fry chili peppers until they turn dark. Add peppercorns and cabbage, stirring over high heat. When cabbage is soft, add salt, sugar and soy sauce. Cook another minute, stirring. Add vinegar and sesame oil. Mix well and serve.

BANH XEO

(Fried Rice Cake)

Bean Sprouts	Green Onion
Chunk of Pork	White Onion
Small Shrimp	Coconut Milk
Mongo Beans	2 tsp Curry Powder
$\frac{3}{4}$ cup Rice Powder	Fish Sauce
1 cup Flour	Cooking Oil
2 or 3 Eggs	

Mix rice powder and flour with coconut milk. Add a little water. Don't make the mix too diluted. Stir up 2 eggs and add to the mixture. Then add 2 tsp curry powder and green onions to mixture.

Cook mongo beans. Boil pork meat and slice it after cooked. Boil shrimp. Slice onion to thin slices. Wash and drain beansprouts.

Put enough cooking oil in the pan to just coat the bottom. To make one rice cake, put some pieces of boiled pork, a pinch of onion, some shrimp, and then stir-fry them. Then pour some flour mixture evenly in pan. Drop in a pinch of beansprouts and 2 tsp of cooked mongo beans. Cover with a lid for three minutes. Cook by turning the pan around slowly so that all contents are cooked evenly.

When cooked, take off lid, and fold the fried contents over in half with pancake turner.

TRUNG XAO THAP CAM

(Egg Fu Yung)

6 Eggs	Green Onion, finely chopped
Crab Meat or Shrimp	1 tbsp Soy Sauce
Pork, cooked and cut very fine	Salt to taste
Chinese dried black Mushrooms	Oil
	Bean Sprouts or finely chopped Bamboo Shoots

Put dried mushrooms in warm water for ten minutes. Take out discard stem and chop mushrooms into small pieces. Beat eggs until foamy. Add salt and $\frac{1}{2}$ cup water and mix. Heat oil in frying pan. Add pork and crab or shrimp, mushrooms, bean sprouts or bamboo shoots and green onions, soy sauce and salt. Fry about $\frac{1}{2}$ minute over high heat. Slide 2 tbsp oil down side of pan and then add egg mixture. Fry on both sides until golden, remove to plate and serve.

CAI XAO VOI NUOC SOT

(Cabbage with
Cream Sauce)

1 1/4 lbs Chinese Cabbage
4 tbsp Milk
3 tsp Salt
1 tsp Sugar
MSG

1 tbsp Cornstarch
1 cup Soup Stock
Cold Water
Peanut Oil

Remove cabbage leaves, wash, and slice in 1/2" wide strips.

Heat 4 tbsp peanut oil in frying pan and add all of the cabbage. Cook over high heat for 3 minutes, stirring frequently, until cabbage is soft. Then add salt, sugar and MSG. Take out of pan and drain.

Heat frying pan and add 1 tbsp oil with soup stock. Make a paste of cornstarch and 1 1/2 tbsp cold water. When the soup stock starts to boil, add salt and cornstarch paste. Cook until thickened. Add milk and another tbsp oil. Mix thoroughly. Put half of this sauce aside and add cabbage to remaining sauce. Mix. Put cabbage on platter and place other half of sauce on top of cabbage.

CA CHUA DON THIT

(Noodle Stuffed
Tomato)

Tomato
Pork
Glass Noodles
Onion
Garlic
Sugar

Mint
Celery
Salt
Accent
Butter

Put clear rice noodles into warm water for about 15 minutes. Take out and cut into small pieces. Grind pork and mix with onion (chopped), garlic (chopped), Accent, 1/2 tsp sugar, 1/2 tsp salt. Add noodles.

Cut half a dozen tomatoes in half and clean out inside. Then stuff pork mixture in tomato.

Put cooking oil in frying pan. When it starts to heat, add 1 tsp butter. Fry the stuffed tomato but do not turn them over.

If desired, soy sauce and mint leaves can be added just before eating.

CACH LAM MI

(Chinese Noodles)

1 cup flour
1 or 2 Eggs
5 tbsp Water

1½ tsp Baking Powder
1 tsp Salt

Put flour in a large bowl and make a hollow in the center. Pour water, salt, baking powder, beaten egg in this hollow and mix. Knead flour until it becomes springy and smooth. When ready, put on rolling surface on which cornstarch has been sprinkled. Use rolling pin and roll until dough is stretched and thin. Cut in thin, long strips.

XOI VO

(Steamed "Sticky" Rice)

Glutinous or Sticky Rice
Yellow Food Coloring
Mongo Beans

Soak "sticky" rice in water about 2 hours, and add a few drops of yellow food coloring.

Cover mongo beans with water and cook over low flame until softened. Then mash them thoroughly.

Mix the mashed mongo beans with dry "sticky" rice and steam it until the rice is cooked. Then take rice and bean mixture out of container and spread on bamboo matting for half an hour. After that take rice off matting and press into a bowl for molding.

Serve a plate of steamed sticky rice and beans with a bowl of tapioca mongo bean pudding.

CHE TAO XON

(Green Beans Pudding)

¾ cup Sugar
200 grams Green Beans

½ cup Cornstarch
Water

Boil green beans but not too soft. Let them stay firm. Mix cornstarch with 2 cups of water.

Boil 1 qt water and add sugar, as much as you wish, and then add cornstarch mixture. Stir steadily until it thickens. Then add cooked green beans into the thickened sauce and eat.

BO THAI MONG XAO VOI GIA VI

(Shredded Beef
with Pepper)

1 lb Beef Tenderloin
3 Green Peppers
2 tbsp Soy Sauce
1 tbsp Cooked Peanut Oil
½ tbsp Wine
2 tsp Cornstarch
½ tsp Salt

1 Green Onion, cut into
small pieces
3 slices Ginger, cut into
small pieces
½ tsp Sugar
1 tsp Salt

Cut beef in 1 inch lengths, mix with soy sauce, wine, peanut oil, cornstarch, salt, and marinate for one hour.

Clean green pepper and cut in small pieces.

Heat peanut oil in pan, fry beef and stir briskly over high heat. Don't overcook. Take out and drain.

Heat another 3 tbsp oil in pan. Fry ginger and green onion pieces, stirring. Add chopped green pepper, salt, sugar and mix. Add beef, blend and serve.



The traditional soup of Vietnam "Pho" is pronounced "fuh." It can be made with many variations and will appear several times in this book under different names.

The "Pho" recipe on the next page took three weeks to get translated and on paper. The translating was done by four Vietnamese refugees, all non-cooks. All ingredients except one could be identified but there we stuck.

Mr. Nguyen Van Ninh, our gourmet cook, solved the problem by giving a Vietnamese dinner for all "Y" personnel. His niece, an outstanding cook, prepared several types of Vietnamese food, including "Pho". We had an excellent dinner, analyzed all the ingredients in the soup, and discovered the mysterious element to be "Star Anise."

PHO

(Beef Noodle Soup)

Beef	Salt
Beef Bones	<i>Nuoc Mam</i>
Chicken	Chili Peppers
Chicken Bones	5 Spices Powder
Ginger, whole, roasted	Bean Sprouts
Star Anise	Rice Noodles
Lemon Grass	Green Onions
Onion, roasted	Lettuce
Accent	Celery

Boil sufficient water to cover beef and chicken bones. Add bones and reduce heat. Simmer bones for approximately 5 minutes. Discard the water in which bones were boiled. Add fresh water to bones. Then add chicken, beef, whole roasted ginger, whole roasted unpeeled onion, lemon grass, Accent, salt, *nuoc mam*, touch of 5 Spices powder, and Star Anise. Cook about 2 hours.

Cook rice noodles until tender. Chop chili peppers, celery, green onions, and lettuce. Place each item on a separate plate. Put uncooked bean sprouts on a separate plate.

In preparing soup for eating, set up individual bowls as follows: Put a quantity of cooked rice noodles in bowl. Arrange slices of cooked meat on top of noodles. Dip out soup and fill bowl. Sprinkle on chili peppers, green onions, lettuce and bean sprouts. More *nuoc mam* can be added as desired.

The additional *nuoc mam* should be diluted with vinegar, water and sugar. Chopped cucumbers and carrots are also added.

BO NHUNG GIAM

(Beef Fondue)

Beef	Mint
Vinegar	Watercress
Cooking Oil	Cucumber
White Wine	Star Anise
Garlic	Pineapple
Lemon Grass	Fish Sauce
Rice Paper	Lettuce

Boil vinegar, oil, white wine, lemon grass and garlic in a pot. Cut beef into thin pieces and put in this mixture. Cook until meat is finished. Cool. Dip rice paper in water until soft. Chop lettuce, mint, watercress, cucumber, star anise and pineapple. Combine with beef and place this mixture on rice paper. Roll tightly into rolls about 2 inches long. Eat by dipping in fish sauce.

BUN BO NUONG

*(Roast Beef with
Rice Noodles)*

Beef	Salt
Cucumber	Pepper
Star Anise	Sugar
Mint	Garlic
Onion	Five Spices
Rice noodles	Fish Sauce
Lettuce	

Marinate beef with Five Spices for about 10 or 15 minutes. Then roast beef. Slice cooked beef into very thin pieces. Mix this sliced beef with salt, sugar and thin slices of garlic and onion.

Cook rice noodles until tender. Drain and place noodles in dish. On top of noodles place cut up cucumber, lettuce, star anise and mint. Then place sliced beef on top of noodles and vegetables. Mix fish sauce with sugar, garlic, onion, water and a little lemon if desired. Put this sauce on top of completed dish and eat.

SUON RAM MAN

*(Fried Ribs in
Fish Sauce)*
For 2 people

300 grams of Soft Bones with Marrow (ribs)	Garlic
10 grams of Sugar	Onion, green
2 coffee spoons of Fish Sauce	Cooking Oil

Ribs are cut into pieces about 2 inches long and let dry. Use one-half of the garlic and onion (already cut into small pieces) to put on the ribs.

Fry the ribs in a pan with the cooking oil and continue to turn them over and over. Add some fish sauce and some water. Add some sugar and continue frying until ribs become yellow. Fry with a very low flame. When this gets thickened, take out ribs and add rest of the sliced green onion. Then mix all together. Add fish sauce and eat.



BO XAO LANG

*(Curried Beef in
Coconut Milk)*

Beef	Onion, chopped
Coconut Milk	Sugar
Curry	Salt and Pepper
Garlic Buds	Accent
Soy Sauce	Stick Noodles

Slice beef very thin. Make a marinade of 4 or 5 garlic buds that have been crushed, 1 tbsp soy sauce, chopped onion, Accent, a little sugar, and salt and pepper. In skillet make the oil hot. Put about 2 tsp curry powder. Remove beef from marinade and add marinade to skillet. Fry until onion is tender. Add beef and fry only until medium rare. Do not overcook. Then put in ½ cup coconut milk and more soy sauce to taste. This dish can be served with cooked stick noodles.

BO HAM

(Steamed Beef)

1 lb Beef	1 tbsp Wine
1 cup Rice Powder	1 tsp Sugar
Green Onions, chopped	2 tsp Salt
3 slices Ginger, chopped	1 tbsp Hot Bean Paste
1 Star Anise, Chopped	3 tbsp Peanut Oil
3 tbsp Soy Sauce	

Cut beef into small pieces and marinate in onion, ginger, star anise, soy sauce, wine, hot bean paste, sugar, salt and oil for at least 30 minutes.

Cover each piece of beef with rice powder and steam over high heat for 20 minutes.

BO NUONG

VI

(Beef on Tile)

Beef sliced very thin	Cooking Oil
Lettuce	Rice Paper
Cucumbers, chopped	Cooking pot with charcoal
Star Anise, chopped	One Tile
Chili Peppers	

Heat charcoal until very hot and place tile in canted position against cooking pot until this also gets hot. Place a little dish at bottom of tile to catch oil. Slide a little oil over tile and place thin slices of beef on it to cook. Chopped cucumbers and chopped chili peppers can be added to beef. When beef is cooked, take off and put on piece of rice paper, together with chopped star anise, lettuce and cucumber. Roll up tightly, dip in fish sauce and eat.

CA LAN BOT

(Chinese Fried Fish)

Fish Fillets	2 tbsp Water
1 Egg White	1 tsp Soy Sauce
salt	1 tsp Cornstarch
Bamboo Shoots	1 tsp Sesame Oil
Chinese Black Dried Mushrooms	Green Onions, chopped
Spinach	Ginger, sliced
1½ tsp Sugar	Cooking Oil

Cut fish fillets into flat slices. Marinate with 1 egg white and salt for 30 minutes. Mix seasonings together: ½ tsp salt, sugar, water, soy sauce, cornstarch, sesame oil, and set aside. Cook bamboo shoot and cut into small pieces. Soak dry mushrooms in warm water about 15 minutes. Remove and discard stems. Chop mushrooms into small pieces.

Cook spinach in boiling water a few minutes. Take out, put into cold water at once, take out, squeeze very dry and fry in a little oil, to which 1 tbsp wine, 1 tsp salt and 1 tsp sugar have been added. Mix, then place on serving dish.

Heat oil in frying pan and fry fish fillets over high heat. Remove and drain. Discard oil. Add a little new oil, heat, and fry green onion and ginger. Add mushrooms and bamboo shoots. Fry for a few seconds, add fish and mixed seasonings that have been set aside. Mix and serve.



THIT KHO

CA LOC

(Pork with Fish)

½ kilo of Pork (about 1 lb.)	Fish Sauce
One Fish, about one kilo	Eggs (optional)
One Coconut	

Put the fish into a pan and add fish sauce. Turn on the fire and cook the fish, turning it over and over while cooking. Pour in the coconut milk, let it boil, and then put in the cut pork pieces. You can add some whole eggs, if you like. (The Vietnamese people prefer duck eggs, but Americans often find these too strong in flavor). Use a high flame, bring to a boil, and skim off all the foam. Then turn the flame low. Wait until the fish and pork become softened and cooked. Then add fish sauce, as desired.

GOI CUON

(Shrimp and Pork with Raw Vegetables)

Shrimp, boiled
Pork, cooked
Lettuce
Coriander

Mint Leaves
Chives
Red Soy Sauce (Chinese)
Rice Paper

Cut up boiled shrimp and cooked pork into small pieces. Mix together with lettuce, coriander, chives and mint leaves.

Dip rice paper into some water to soften it and then cut rice paper to desired size. Put a mixture of the ingredients on each piece of rice paper. Roll this up tightly. Then eat it by dipping roll into the red Chinese sauce, or *nuoc mam*.

CA THAI MONG LAN BOT VOI ANISE

(Crispy Fish Slices with Sweet and Sour Sauce)

1 1/4 lbs Firm White Fish
1/2 tbsp Garlic, chopped
1/2 tbsp Ginger, chopped
1 Egg
3 tbsp Cornstarch
5 tbsp Flour
1/2 tsp Salt
Peanut Oil

3 tbsp Vinegar
3 tbsp Water
1 tbsp Soy Sauce
1 tbsp Wine
3 tsp Cornstarch
1/2 tsp Salt
1 tsp Sesame Oil
4 tbsp Sugar

Use fresh fish fillet with firm flesh. Slice in very thin flat pieces, like thick sheets of paper. Marinate with salt for a few minutes.

Beat egg in small bowl. Add the 5 tbsp flour, 3 tbsp cornstarch and some cold water to make a batter.

In another bowl mix sugar, water, wine, soy sauce, cornstarch, salt and sesame oil. Put aside this mixed seasonings sauce.

Dip each piece of fish into batter until coated and then deep fry about 3 minutes until light brown. Drain fish. Reheat oil very hot and put fish back in for one more minute. Remove fish and drain. Discard oil.

Put 2 tbsp of oil into frying pan and add chopped garlic and ginger. Stir while frying. Add the mixed seasonings sauce you have put aside, to the garlic and ginger. Cook over high heat until thickened, stirring. Turn off heat, add fish immediately and mix until fish is well coated. Serve.

CA RUT XUONG LAN BOT

(Sweet and Sour
Boneless Fish)

1 Whole Fish	3 tsp Salt
4 Dried Black Mushrooms	2 tbsp Wine
1 Onion	½ tbsp Soy Sauce
1 Tomato	4 tbsp Sugar
1 tsp Soy Beans	4 tbsp Vinegar
2 Eggs	1 tsp Sesame Oil
5 tbsp Flour	Peanut Oil
6 tbsp Cornstarch	4 tbsp Catsup
9 tbsp Water	

Mix together following seasonings and let stand: ½ tbsp soy sauce, 4 tbsp sugar, 4 tbsp vinegar, 4 tbsp catsup, 1 tsp sesame oil. Put aside.

Clean fish, cut off head and fillet. Cut several gashes in fish fillets. Then marinate fish with wine and salt for ten minutes.

Soften the dried mushrooms with warm water for 10 minutes. Peel tomato and onion and then cut them into small pieces. Make a batter of eggs, flour, cornstarch and 5 tbsp water.

Heat the oil. Dip fish into batter and then fry until golden brown. Remove from oil and drain. Heat oil again and fry fish for another minute. Take out, drain, and put on dish.

Heat 3 tbsp oil, saute onion, mushrooms, tomato and soy beans. Add seasonings you have put aside. Cook until thickened. Pour over fish and serve.

MUC XAO

(Fried Cuttlefish)

Cuttlefish (or Squid)	Sugar
Carrots	Flour
Onions	Water
Celery	Garlic
Mint	Cooking Oil
Salt	

Cut cuttlefish into thin pieces and mix together with half of the celery, carrots and onion. Put this all in a pan with a little oil and fry quickly to prevent its getting tough. After 5 minutes of frying, take out.

Mix some flour and water, sugar, salt and garlic together. Add sliced carrots and fry in a little oil. Mix all together at last. Put a little mint on this dish and eat.

CA CHIEN CUON VOI GIA VI

(*Fish Rolls in Sour Sauce*)

1 1/4 lb firm Fish Fillet	2 Eggs
3 Dried Black Mushrooms	1/2 cup Flour
2 oz Ham, chopped fine	1 tsp Baking Powder
1 tbsp Green Onion, chopped fine	1/2 cup Water and 3 tbsp Water
1 tbsp Ginger, chopped fine	4 tbsp Vinegar
2 tbsp Red Chili Peppers, chopped	3 tbsp Sugar
3 tbsp White Onion, chopped	3 tbsp Catsup
1/2 tbsp Wine	1 tbsp Cornstarch
1 1/2 tsp Salt	1 tsp Sesame Oil
	Peanut Oil

Mix together seasonings of vinegar, sugar, catsup, 3 tbsp water, cornstarch. Set aside.

Cut fish fillet crosswise in flat slices and marinate with wine and salt about 10 minutes. On each slice of fish sprinkle a little bit of cornstarch. Lay a few pieces of chopped green onion, ginger, ham, mushrooms on the fish and roll up.

Make a batter of 2 eggs, 1/2 cup flour, 1 tsp baking powder, and 1/2 cup water. Dip fish rolls into batter until coated and deep fry until brown, about 3 minutes. First fry for two minutes, take out, drain. Reheat oil, put fish back in and refry for another minute. Remove fish rolls and drain. Discard cooking oil.

Put 2 tbsp of fresh peanut oil into frying pan. Add chopped onions, red peppers and seasonings you have put aside. Stir until thickened. Then add fish rolls and mix well. Serve.

GOI TOM

(*Vietnamese Shrimp Salad*)

Shrimp	Vinegar
Carrots	Salt and Pepper
White Radishes	Fish Sauce
Cucumbers	Shrimp Chips
Salt	(See pg. 65)

Boil shrimp for 3 or 4 minutes. Clean and slice in half. Set aside. Cut carrots and white radishes into size of little finger. Discard only inside of cucumber but retain firm part with peel still on. Cut this into same size as other vegetables. Marinate vegetables with 2 tsp salt for 15 minutes. Then wash them in clear water thoroughly. Mix with shrimp, a little vinegar, salt and pepper to taste and fish sauce. Eat with shrimp chips.

SUP MANG CUA

*(Asparagus and
Crab Soup)*

Crabs
Shark Meat
Asparagus, fresh
Cornstarch, 4 tablespoons

Ajinomoto, 1 tsp.
(soy sauce can be used,
if desired)

Boil beef bones for 3 hours without covering lid. Keep the soup always pure by skimming off foam and discarding. Add Ajinomoto into the soup.

Boil the crab and take out all crab meat. Filter the soup to get pure soup and boil again with asparagus and shark meat. Asparagus should be torn into pieces before putting in the soup.

Mix cornstarch with 1 cup water and then mix with the soup. Stir up steadily for ten minutes.

CUA FARCI

(Fried Deviled Crabs)

8 Big Crabs	Onions
300 grams of Pork	Sugar
20 grams of thin Glass	Salt
Rice Noodles	Pepper
Chinese Black Dried	Chili Peppers
Mushrooms	

Wash and boil crabs until meat is cooked. Soak dried mushrooms in water for about ten minutes. When crab is cooked, take out the crab meat. Grind the raw pork with onion, which has been chopped into small pieces. Then add some salt, pepper, chopped chili peppers and fish sauce to the pork and onion. Cook glass rice noodles until tender. Then cut noodles and mushrooms into small pieces and mix this together with the ground pork. Then mix this all in with the crab meat. Pack this mixture in the crab shells very tightly.

Fry these crabs in a little boiling oil. Remember to fry the crab shell side down, with a cover on the frying pan. Wait until the up-side becomes tightened. Then turn it over and continue to fry until you are sure that it is well fried. Use a chopstick to push through the crab. If you see a white liquid running out, it means the crabs are well cooked.

You can also fry the mixture first and then put it into the crab shells and fry the whole thing for the last time.

CUA XAO

(Crab Meat
with Cabbage)

Crab Meat	Salt
Cabbage, chopped	Cornstarch
Egg White	Water
Ginger, chopped	Soup Stock
Green Onion, chopped	Oil

Cook crab meat. Boil cabbage a few minutes. Remove, put in cold water briefly. Take out, drain, and stir fry with a little oil. Add one cup soup stock and salt. Cook briefly, take out and drain. Put a little oil in pan and fry onions and ginger quickly. Add crab meat. Stir fry. Add 2 cups soup stock, salt, and a paste of cornstarch and water. Cook, stirring, until thickened. Add beaten egg white slowly. Stir until blended. Put sauce over cabbage and serve.

XOI MAN

(Crispy Rice
with Shrimp)

6 oz Shrimp	1 tbsp Brown Vinegar
4 oz Pork Tenderloin	1 tbsp Sugar
5 Dried Black Mushrooms	3 tbsp and 2 tsp Cornstarch
Crispy Rice	2 tsp Sesame Oil
3 cups Soup Stock	Cold Water
2½ tsp Salt	Peanut Oil
1½ tbsp Soy Sauce	
4 tbsp Tomato Catsup	

Mix together $\frac{1}{2}$ tsp salt and 1 tsp cornstarch. Clean the shrimp and mix together with salt and cornstarch.

Chop pork tenderloin very fine and mix evenly with $\frac{1}{2}$ tbsp soy sauce and 1 tsp of cornstarch that has been made into a paste with 3 tbsp water.

Put dry mushrooms in warm water for 15 minutes. Remove stems and chop in small pieces.

Put 6 tbsp of peanut oil on pork. Set aside. Fry shrimp in more peanut oil until it is well done, then put in bowl with pork.

Add chopped mushrooms and soup stock in same frying pan. Then add catsup, soy sauce, sugar, vinegar and salt. Make a paste of 3 tbsp cornstarch and 3 tbsp water. When mixture comes to a boil, add cornstarch paste and cook until soup thickens. Then add pork, shrimp and keep warm over low heat. Add sesame oil before serving.

Deep fry crispy rice in very hot oil until brown. Put on serving dish and pour the hot shrimp mixture over it.

TOM CHIEN VOI HOT DIEU

*(Shrimp with
Cashew Nuts)*

$\frac{2}{3}$ lb Shelled Fresh Shrimp	1 tbsp Cornstarch
4 oz Cashew Nuts	$\frac{3}{4}$ tsp Salt
10 Green Onions	1 tbsp Wine
10 slices Ginger	1 tsp Sesame Oil
1 Egg White	

Clean shrimp and pat dry. Mix with egg white, cornstarch, salt and marinate for at least an hour.

Fry the cashew nuts in heated oil until brown, about 3 minutes over a low flame. Remove and drain.

Reheat same oil. Put in shrimp and fry for one minute. Remove shrimp, drain, and discard cooking oil.

Mix together wine, sesame oil and $\frac{1}{4}$ tsp salt.

With another 2 tbsp oil, fry the green onion and ginger slices. Add shrimp and seasonings quickly. Stir until thoroughly mixed, using a high heat. Turn off fire, add cashew nuts and serve.

TOM LAN BOT

(Fried Shrimp Cake)

Shrimp	Bread Slices
Pork Fat (a little)	1 tsp Sesame Seeds
1 Egg White	1 tbsp chopped Meat
1 tsp Ginger Juice	Lettuce leaves
Salt	Cooking Oil
1 tbsp Cornstarch	Wine

Clean shrimp and chop very fine together with pork fat. Mix together and add salt, wine, ginger juice and mix again. Then add egg white and cornstarch. Mix again. Cut bread slices into small squares. Put some shrimp mixture on each piece of bread and spread evenly to edges. Garnish with sesame seeds and chopped meat. Heat oil in pan, put shrimp cake, mixture side down and fry quickly. Turn over and fry another minute. Take out, drain and serve.

TOM XAO

(Sautéed Sliced Prawns)

Prawns	1 tbsp and 1 tsp Cornstarch
8 Mushrooms (regular)	4 tbsp Soup Stock
2 sm Cucumbers	1 tsp Sesame Oil
1 oz Ham, cooked	½ tsp MSG
1 Egg White	Peanut Oil
1 tsp Salt	
½ tbsp Wine	

Clean, shell and slice prawns into lengthwise pieces. Mix egg white, $\frac{1}{2}$ tsp salt, wine and 1 tbsp cornstarch, adding cut prawns and marinate at least 30 minutes. Peel and slice cucumber into long pieces. Put in boiling water about 30 seconds, then plunge into cold water immediately. Slice each mushroom in half. Slice ham same size as cucumber. Mix together soup stock, sesame oil, $\frac{1}{2}$ tsp salt, 1 tsp cornstarch, $\frac{1}{2}$ tsp MSG and put aside.

Heat oil, add prawns and fry until they turn white (very briefly). Remove and drain, discarding oil. Put 3 tbsp oil in frying pan and fry mushrooms, cucumbers and ham. Then add mixed seasonings you have put aside. Stir until thickened. Add prawns, mix thoroughly and serve.

CHAO TOM NUONG MIA

(Shrimp Rolls in Sugar Cane)

Shrimps (green or red ones)	One or two Egg Whites, beaten
One long piece of Sugar Cane into thin sticks. (These sugar cane sticks are used to stab the grilled shrimp through for cooking)	Pepper
Garlic	Salt
200 grams of Raw Fat, or Fat with a quick boiling	Sugar
	Accent
	Alum
	Coconut Milk
	Thin Rice Noodles
	Fish Sauce

Covers of the shrimps should be removed. Take off the shrimp heads and wash the shrimp with salty water many times. Then let them all dry. Tear the shrimps into pieces and put the pieces into coconut milk for about 20 minutes. Then take them out and let all dry. Pound some garlic, pepper, salt, sugar, Accent, and alum into shrimp. The more you pound, the better is the dish. Fat is cut into very small pieces and mixed with the shrimp. Egg whites are beaten and poured into the mixture. Mix thoroughly. Then roll mixture around the sugar cane sticks and bake or grill. Eat the grilled shrimp paste on sugar cane with thin rice noodle (cooked quickly in boiling water until tender), lettuce and fish sauce.

BANH PHONG TOM

(Shrimp Chips)

400 grams of Small Shrimp
400 grams of Cornstarch
A cluster of Garlic

1 tsp of sugar
1 teaspoon of Salt

Peel off the shrimp's skin and clear all the black stripes inside the shrimps. Grind the cleaned shrimps and mash them with garlic, salt and sugar. Then add cornstarch in and mix together well.

Crumble the mashed shrimp to the size of an apple. Then slice it into thin pieces and press down each piece gently on bamboo leaves that have been cut to the same size.

Dip these leaves with shrimp paste into boiling water for about 2 minutes until the mixture comes loose from the bamboo leaves.

Then place the mixture on a bamboo frame and dry it very well.

For serving, you just put the sliced shrimp chips into boiling oil. Be very careful. They are very small but when placed in the oil, fluff up quickly. Fry about three seconds on one side, turn over and fry for another two or three seconds. Remove from oil immediately and drain. Serve when cool or while still warm.

OC TAI NAU VOI SOT SO

(Abalone with
Oyster Sauce)

Abalone, one can
Lettuce
Oyster Sauce
Soy Sauce
Salt
Sugar

Water
Cornstarch
Sesame Oil
MSG
Cooking Oil
Soup Stock

Put lettuce leaves in water. Add 3 tbsp oil, salt and dash of MSG. Cook briefly and drain. Slice abalone into thick slices and boil about 5 seconds. Make a paste of equal parts of cornstarch and water. Heat 2 tbsp oil in frying pan. Add one cup soup stock and bring to a boil. Add 3 tbsp oyster sauce, soy sauce to taste and $\frac{1}{2}$ tsp sugar. When this boils again, add abalone and cornstarch paste. Stir until thickened. Add 1 tsp sesame oil. Pour sauce over abalone and serve.

SO LAN BOT

*(Chinese Fried
Oysters)*

Oysters, canned	Salt and Pepper
Flour	Water
Cornstarch	Cooking Oil
Baking Powder	

Open can of oysters and discard juice. Bring pot of water to a boil and dip oysters in briefly. Drain. Combine $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup cornstarch, 2 tsp baking powder, salt and pepper, 2 tbsp oil and 1 cup water. Stir until batter is smooth. Dip oysters individually in batter until coated. Dry fry in oil. Drain and serve.

GOI SUA

*(Jelly Fish
and Vegetables)*

One big Jelly Fish	Some cooked Pork cut into threads
Fresh Shrimp	Cucumbers
Tripe	Lettuce
Some crushed Peanuts	Mint Leaves
Parsley	Fish Sauce
Coriander	
Red Chili Peppers	

Jelly fish is put into a quick boiling. Tripe should be washed so carefully with salt before having a boiling. Shrimps also need a boiling. Then cut all of them into threads. Combine with pork. Cucumber is cut into very thin slices, after it is cut into three or four pieces lengthwise. Put some salt on the cucumber, wash the pieces with water, then squeeze. Let them dry for a while. Cut lettuce into threads. Mix all ingredients together. Put into a dish for serving, and add fish sauce. Red chili peppers, chopped, nuts, mint and coriander can be added, if desired.



CHE BAT BUU

(Eight-Treasure
Rice Pudding)

1½ cup Glutinous (sticky) Rice	Walnut halves
½ cup Sweet Red Bean Paste	Squash candy or candied Citron (chopped)
Candied Lotus Seeds	Candied Orange Peel
Red Dates	3 tbsp Lard
Peanuts	2 tbsp Sugar
White seedless Raisins	1 tbsp Cornstarch
Brown Raisins	1 tbsp water

Soak all dry ingredients before using.

Cook long-cooking rice according to directions on the box. When cooked, put in bowl and add 2 tbsp lard and 2 tbsp sugar. Mix well.

Using a small bowl or mold, lightly brush the bottom with lard. Arrange all ingredients, except rice, in desired pattern. Place ⅔ of mixed rice in bowl, placing carefully over fruit and nuts. Then place sweet red bean paste in center. Cover the bean paste with remaining rice and shape it. Steam this pudding for at least two hours. Unmold on platter.

Boil 1 cup of water in pan. Add 1 tbsp cornstarch dissolved in 1 tbsp water to make paste. Pour the syrup on pudding and serve immediately.

TRUNG CHIEN VOI DAU

(Sweet Bean
Paste Pan Cake)

3 Eggs
1 cup Flour
⅔ cup Water

½ lb Sweet Red Bean Paste
Cooking Oil

Beat eggs, add flour and cold water to make a batter. Heat a little oil in frying pan and pour in enough batter to make a very thin pancake. Move the frying pan around quickly so the batter will spread out evenly. Cook over low heat a few seconds, remove from pan.

Place the pancake on a large platter, uncooked side up, and add some sweet bean paste in center. Spread paste over pancake. Then fold sides toward center, sticking edges together firmly. Heat oil, fry pancake until crispy and brown. Serve hot.

BANH BONG LAN

*(Chinese Sponge
Cake)*

4 Eggs	$\frac{1}{2}$ tsp Baking Soda
1 $\frac{1}{2}$ cups Sugar, light brown	2 tsp Baking Powder
$\frac{3}{4}$ cup Milk	1 $\frac{1}{2}$ tbsp Water
1 $\frac{1}{2}$ cup Flour	3 tbsp Lard
	3 tbsp Peanut Oil

Beat eggs until very stiff. Add sugar gradually and continue to beat until all sugar is absorbed. Add milk and mix well. Sift flour and fold into egg mixture. Let stand 4 to 6 hours.

Dissolve baking soda in 1 tbsp water and dissolve baking powder in $\frac{1}{2}$ tbsp water. Add this to egg mixture. Then add lard and peanut oil, mixing thoroughly but keeping mixture light.

Pour the mixture into a greased cake pan. Steam about 20 minutes.

Remove cake from pan while still hot and turn upside down on dish.



RAU CAU *(A Gelatin Dessert)*

1 pkg Seaweed
Flavoring of Chocolate,
Coffee or Coconut

Food Coloring
Sugar

Buy one pkg of seaweed and cook as directed on pkg. This will indicate how many cups of sugar to be used, etc. Add favorite flavoring of chocolate, coffee or coconut. Food coloring can be added, if desired. Pour into mold and place in refrigerator until firm.

CHUOI CHIEN

*(Candied Banana
Slices)*

Bananas
Egg
Cornstarch
Flour

Water
Sugar
Sesame Seeds
Oil

Make a batter of water, cornstarch and flour. Cut bananas into desired size and dip in batter to completely coat fruit. Fry quickly in oil until brown. Remove and drain. To make candy coating, put sugar, water and a little cooking oil in pan. Cook until this forms a thread. Add bananas and coat them with candy well. When eaten, sesame seeds can be added as a decoration.

BANH FLAM

(Custard)

4 Eggs
1 cup of Sugar
2½ cups of Milk

¼ cup of Sugar for
making caramel
1 tsp of Vanilla
½ tsp of Salt

Heat ¼ cup of sugar until it is melted, and keep heating it until it turns to light brown. Then take it off the stove and let it cool down. Mix this browned sugar with 4 teaspoons of water and just work it enough to coat the cup.

Stir eggs and vanilla, and salt and sugar together for about 5 minutes.

Pour this egg mixture into the coated cups and steam it about ½ hour. Do not pour too much water in the steaming pan. (Containers with the egg mixture should be placed in water in the "steaming pan"). Turn the flame low and keep steaming about another half-hour.

After the custard is cooked, leave it cool down. Take out gently from the water and keep in refrigerator until you are ready to eat it.



Recipe Notes



YMCA Refugee and
Resettlement Services
291 Broadway
New York, N.Y. 10007